

Salted Tahini Honey Latte

Ingredients (1 serving):

- **1 shot espresso** or **½ cup strong brewed coffee**
- **1 tablespoon tahini** (well-stirred, smooth variety)
- **1 teaspoon honey** (or maple syrup for vegan)
- **½ cup milk** of choice (oat, almond, dairy — barista blends work best)
- **Pinch of sea salt**
- Optional: **½ tsp cinnamon** or **vanilla extract** for extra warmth



Hot Latte:

1. Warm the milk gently in a saucepan or microwave until hot but not boiling.
2. In a mug, whisk together tahini, honey, salt, and cinnamon (if using) until smooth.
3. Pour the hot coffee into the mug and stir well to combine.
4. Add the steamed milk, whisking or frothing until creamy and smooth.
5. Top with a sprinkle of cinnamon or sesame seeds for flair (optional).

Iced Latte:

1. In a glass, whisk tahini, honey, and a splash of hot coffee until creamy.
2. Add ice cubes, then pour in the rest of the coffee and milk.
3. Stir well, sprinkle a bit of sea salt or cinnamon on top if desired.

To Make it Extra Delicious:

- Blend it: For an ultra-smooth version, pop everything into a blender for 10–15 seconds.
- Tahini texture matters: Use a runny tahini (not dry or clumpy).
- Stir the jar well before scooping.
- For protein: Add a scoop of collagen or unflavored protein powder to make it more filling.