

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Caramel Mocha Frappe (Paleo style)

From www.palomg.com

They are a few steps involved in making this recipe, but it's worth it!

- 1 cup cold brew coffee, frozen into ice cube molds overnight (instructions below)
- 1 batch vanilla bean salted caramel sauce (You can find the recipe for this on the website in the dessert section)
- ¾ cup almond or coconut milk
- 2 Tbsps unsweetened cocoa powder
- 1 Tbsp almond butter
- 2 Tbsp maple syrup
- 1 tsp vanilla extract
- 10 drops stevia extract (optional)

⇐ Feel free to adjust any of these ingredients to your taste!

For garnish (optional):

Coconut milk whipped cream: In a bowl, add the coconut cream that sits on top of the coconut water from a can of coconut milk that has been refrigerated overnight, and whip together with 1 tsp vanilla extract and 1 Tbsp honey, using a hand blender until light and fluffy.

1. Make caramel and set aside to cool.
2. Place frozen coffee cubes, 2 Tbsps of caramel sauce, almond milk, cocoa powder, almond butter, maple syrup, vanilla extract and stevia extract in a blender and blend until smooth.
3. Garnish with coconut whipped cream and extra caramel sauce on top (if desired).

To make the cold brew coffee:

- 4 1/2 ounces coarsely ground coffee (about 1 3/4 cups)
- 3 1/2 cups cold water

Place the coffee grounds in a 2-quart pitcher, add the water, and stir to combine. Cover with plastic wrap and let steep at room temperature for at least 12 hours and up to 1 day.

Line a fine-mesh strainer with a standard coffee filter and fit it over a medium bowl. Working in batches, slowly pour the coffee into the filter until all of the liquid has passed through the strainer (the coffee will pass through in a slow stream; don't force it through); stop when you reach the solids at the bottom of the pitcher (don't pour them in). Discard the grounds and the contents of the strainer.

Wash and dry the pitcher. Transfer the strained coffee into the pitcher. Cover and refrigerate until completely chilled, at least 2 hours or up to 5 days.