



BLUEBERRY ICED LATTE

Latte recipe written for 1 serving. Blueberry syrup makes enough for 4 servings.

INGREDIENTS

For the Blueberry Iced Latte:

- ¼ C quick blueberry sauce (recipe below)
- 1 C ice
- 1 C unsweetened oat milk or other milk of choice
- 1-2 shots of espresso
- Optional sweetener such as maple syrup or simple syrup to taste
- Optional dashes of ground cinnamon

For the blueberry sauce (makes ~250ml or 1 cup):

- 2 C fresh or frozen blueberries, preferably wild blueberries — see head note 1
- ¼ C sugar (or maple syrup for refined sugar free)
- 2 tbsp water
- 1 tbsp fresh lemon juice, from half a small lemon

METHOD

To make the blueberry sauce: Add all ingredients into small pot and bring to a simmer over medium-high heat. Simmer until blueberries are softened, about 3 minutes. Taste and add more sweetener if needed. Use an immersion blender (or small blender) to puree the sauce until fairly smooth. Blueberry sauce keeps refrigerated for 3-4 days or freezes well for 3 months (tip: freeze them in ice cube tray for easy defrosting and use later).



To make Blueberry Iced Latte: Add $\frac{1}{4}$ cup of blueberry sauce into bottom of a tall glass. Add ice cubes. Fill with oat milk. Top with 1-2 shots of espresso. Sprinkle a few dashes of cinnamon on top. Enjoy!