



Detoxicino

Active Time: 5 minutes | **Total Time:** 15 minutes | **Serves:** 1

Nutrition Information Per Serving

101.3 calories, 0.31 g carbohydrate, 0.2 g fiber, 0.11 g NET carbs, 0.13 g protein, 11.36 g fat

Ingredients

- 1/3 Tbsp(s) Anthony's Roasted Chicory Root Granules
- 1/3 Tbsp(s) Starwest Botanicals Organic Dandelion Root (Cut & Roasted)
- 4 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 1/8 tsp(s) ground cinnamon
- 1 Tbsp grass-fed butter

Preparation

1. Add ground chicory and dandelion root to a small saucepan with 10 ounces of filtered water.
2. Bring to a boil, then turn heat down and simmer for 5-10 minutes.
3. Pour mixture through a strainer, discard solids.
4. Add butter, cinnamon, and stevia to a high powered blender. Pour brewed chicory-dandelion over. Blend on high speed until frothy, about 30 seconds.
5. Pour into a mug and enjoy.

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