



NSK Molasses Milk

1 serving
10 minutes

Ingredients

- 1 1/4 cups Organic Coconut Milk (from the carton, divided)
- 1 tbsp Blackstrap Molasses
- 3 Ice Cubes (optional)

Directions

- 1 Heat half the coconut milk with the molasses in a small saucepan over medium heat. Whisk until you begin to see steam.
- 2 Transfer to a mug with the remaining coconut milk and add ice, if using. Enjoy!

Notes

More Flavor, Add vanilla extract, cinnamon, sea salt and/or mulling spices like whole cloves, allspice or anise.

Extra Frothy, Transfer the molasses milk to a blender and blend for 10 to 15 seconds.

No Coconut Milk, Use dairy, oat, almond, soy, or rice milk instead.

Foods that Heal, Molasses is high in iron, helping to improve your moods, get good sleep, and increase motivation.