THE LIGHTER PLATE METHOD

Iced Oat Latte with Cinnamon

Cold, milky coffee with a dusting of cinnamon on top.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
6 min	**0 min**	**6 min**	**2**	**EASY**

Ingredients

- 4 shots espresso or 200ml strong coffee (cooled)
- 400 ml oat milk
- 0.5 tsp ground cinnamon (plus extra to dust)
- 2 tsp maple syrup
- plenty ice

Method

1. Stir the cinnamon and maple syrup into the warm coffee until dissolved, then cool completely.
2. Fill two tall glasses to the top with ice.
3. Pour in the oat milk, leaving room at the top.
4. Pour the coffee slowly over the back of a spoon so it layers, then dust with cinnamon.

Tips & swaps

- Cool the coffee fully before it meets the ice, or you get a watery drink. Barista-style oat milk holds the layers better than the standard sort.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
90	**2g**	**15g**	**2g**	**1g**

Estimated values, for guidance only.