



STARBUCKS REMAKES

for the Fall season!

Fall is here, and that means 'tis the season for Starbucks! Here's my remake of the Cinnamon Dolce Syrup along with 2 of the drinks that use it!



DIY Cinnamon Dolce Syrup

1 cup coconut sugar
1 cup erythritol or sweetener of choice
2 cups water
5 cinnamon sticks
1 Tbsp ground cinnamon

In a medium saucepan, place water, sugars, cinnamon and cinnamon stick. Bring to a low boil, reduce heat, and simmer for 15 minutes until it is reduced by half and is a syrupy viscosity. Remove from the heat and remove cinnamon sticks. If desired, strain the mixture to remove excess cinnamon powder and grain. Allow to cool for about 10 minutes before storing. Yields about 2 cups.

Caramel Apple Spice

1 ½ cups apple juice
1 Tbsp Cinnamon Dolce Syrup
whipped cream for topping
date syrup as "caramel"

Add apple juice and syrup into a saucepan over medium high heat. Bring to a simmer and heat to combine. Transfer to a cup. Top with whipped cream and caramel!

Cinnamon Dolce Latte/Frappuccino

¾ cup strong brewed coffee/espresso
¾ cup milk of choice
1 Tbsp Cinnamon Dolce Syrup

Add coffee, milk and syrup to a saucepan over medium high heat. Bring to a simmer and heat to combine. Transfer to a cup. Top with whipped cream and cinnamon!

For frap: Add cooled latte with 1 cup of ice into a blender. Blend the mixture and serve cold.



mind over munch
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