



# There's a broccoli latte trend and it's actually really good for you

Written by Geordie Gray on Dec 04, 2018

These past few years have seen a spike in fucking children needing to find alternate ways to consume vegetables. We've had turmeric lattes, charcoal water and bulletproof coffee. Now, we've got the broccolatte.

The broccolatte was created by Australia's Commonwealth Scientific and Industrial Research Organisation. The drink is pretty much a turmeric latte but with broccoli instead of, y'know, turmeric. It contains espresso, your choice of milk and high-fibre broccoli powder. The CSIRO produced the powder, it is made from only broccoli and nothing else.

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☕☕☕☕☕... nah but drink whatever floats your boat. Although can you really go past a sustainable and ethical single origin espresso \*sans broccoli\* 🤔👍

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#broccolatte #broccolino #coffee #cafe #cafes #melbourne #instacoffee #coffeeoftheday #coffeelovers #vSCO #vscocam #vSCO\_hub #vscobest #vSCO\_best #vscogood #vscocamphotos #vscofeature #liveauthentic #MKexplore #neverstopexploring #letsgosomewhere #shootaward #igmasters #justgoshoot

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When I first heard out about this new craze I thought it to be an affront to god. But reading up a little more almost has me convinced that this new super drink might actually be... good.

Extensive independent testing at the Queensland Government Laboratories discovered that broccoli sprouts carried the richest source compound and enzyme sulforaphane. The broccoli powder has the same health benefits as fresh sprouts. Research has also found that 4-5 day old broccoli sprout can contain up to 30 times the sulforaphane found in mature broccoli. So it's pretty fuckin' healthy.

There are a bunch of cafe's around Australia that are serving up that sweet green goodness. So head on down to Loading Dock Cafe in Brissie or Common Folk in Melbourne to up your enzymes.



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