

CBD Chamomile Tea Latte

GOOD-SAINT.COM - Serves 1-2

INGREDIENTS

2 cups (480 ml) unsweetened almond milk
2 chamomile tea bags OR 2 tablespoons (10 g) loose leaf tea in a strainer
2 tablespoons (30 ml) maple syrup
10 mg CBD oil (we used 1 dropper full of Dr. Raw's Focus Formula infused coconut oil)
1/8 teaspoon ground ginger
1/8 teaspoon freshly ground nutmeg
chamomile flowers, for garnish

DIRECTIONS

Heat the milk and tea in a medium-sized saucepan until hot, but do not bring to a boil. Remove the tea bags or strainer and whisk in the maple syrup, CBD isolate, ginger and nutmeg. Using a milk frother or high speed blender, add your desired amount of foam to the drink. Garnish with chamomile flowers and serve immediately!

TIPS

You can use any tea you like in place of the chamomile. Strong green, fruity black and earthy herbal teas all taste great!

