



# Lavender Tea Latte

## INGREDIENTS

12 oz unsweetened almond milk  
1 lavender tea bag OR 1 tablespoon loose leaf lavender tea in a strainer  
1 tablespoon maple syrup, agave or sweetener of choice  
1/8 teaspoon ground ginger  
1/8 teaspoon vanilla extract  
lavender flowers, for garnish  
dollop of coconut whipped cream (optional)

## 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, ginger and vanilla. Using a milk frother or high speed blender, add your desired amount of foam to the drink. Scoop in a dollop of coconut whip, if you choose, then sprinkle with fresh lavender flowers for garnish and enjoy immediately!

## NOTES

Serves 1

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

Don't leave the tea to steep in the milk more than a couple minutes after removing it from the heat. It is easy for floral teas like lavender to get bitter if it sits too long.

