



# Chamomile Tea Latte

1 serving

5 minutes

## Ingredients

1/4 cup Cow's Milk, Whole1/2 tsp Vanilla Extract1 cup Chamomile Tea (brewed)

#### **Nutrition**

Amount per serving           Calories         46           Fat         2g           Carbs         4g           Fiber         0g           Sugar         3g           Protein         2g           Cholesterol         6mg           Sodium         29mg           Vitamin         A         146IU           Vitamin         C         0mg           Calcium         74mg           Iron         0mg           Selenium         2µg		
Fat         2g           Carbs         4g           Fiber         0g           Sugar         3g           Protein         2g           Cholesterol         6mg           Sodium         29mg           Vitamin         A         146lU           Vitamin         C         0mg           Calcium         74mg           Iron         0mg	Amount per serving	
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Protein         2g           Cholesterol         6mg           Sodium         29mg           Vitamin         A         146IU           Vitamin         C         0mg           Calcium         74mg           Iron         0mg	Fiber	0g
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Vitamin         A         146IU           Vitamin         C         0mg           Calcium         74mg           Iron         0mg	Cholesterol	6mg
Vitamin C 0mg Calcium 74mg Iron 0mg	Sodium	29mg
Calcium 74mg Iron 0mg	Vitamin A	146IU
Iron Omg	Vitamin C	0mg
	Calcium	74mg
Selenium 2µg	Iron	0mg
	Selenium	2µg

#### **Directions**

Warm the milk in a small pot over low heat. Once warm, use a frother to create some foam. Alternatively, blend the warmed milk in a blender until frothy.

Add the vanilla extract to the chamomile tea and stir. Pour the warm milk into the cup and enjoy!

### **Notes**

**Leftovers:** Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/4 cups. Make it Vegan: Use your preferred milk alternative.

Additional Toppings: Top with cinnamon.