



## Chamomile Tea Latte

1 serving

5 minutes

### Ingredients

- 1/4 cup Cow's Milk, Whole
- 1/2 tsp Vanilla Extract
- 1 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   |

### Directions

- 1 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.
- 2 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.