

ELDERBERRY RED ROOIBOS LATTE

Ingredients:

2/3 cup water

2 TBS Elderberry Honeybush Red Tea

1/2 tsp vanilla extract

2 cups milk

2 tsp honey (or to taste)

Ground cinnamon for garnish (optional)

Pour boiling water over loose tea and steep for 5-7 minutes. Strain the tea and add the vanilla and honey. Heat and froth milk using a milk frother. If you don't have a frother you can heat the milk in a saucepan and then pour it into a French press. Press the plunger up and down several times until you have thick foam at the top of the milk. Pour tea into a large mug and then fill to the top with the milk. Garnish with cinnamon and serve immediately.

Enjoy!

Recipe by Anne Marck



Did you know? Rooibos tea is also known as red tea or red honeybush tea. It comes from the leaves of an African shrub and is not related to black or green tea. Like our other tea blends, it is an herbal tea.

Rooibos is a flavorful, caffeine-free alternative to black or green tea, with many impressive health benefits.

If you're looking for a rich full-bodied flavor without caffeine, this tea is a perfect alternative to coffee or black tea.

We've combined honeybush red tea with the immune boosting, anti-inflammatory, antioxidant benefits of elderberries for an extra power packed morning brew.