

ELDERBERRY LICORICE SPICE ICED LATTE

Ingredients:

1 cup whole milk or oat milk 2 cups ice
3 TBS Elderberry Licorice Spice Tea 1 1/4 cups water
1/2 tsp vanilla
1 1/2 TBS sugar or agave nectar* (or to taste)



To prepare the tea concentrate - in a small saucepan, bring the water to a boil. Add the Elderberry Licorice Spice Tea, cover and simmer for about 5 minutes. Remove from heat and let stand for 5 minutes. Strain the tea leaves out, then add the sweetener and vanilla, stirring to combine. Allow tea concentrate to cool completely, or flash cool in the freezer. Serves 2.

To prepare one serving - pour 1/2 cup of the tea concentrate into a tall glass. Add 1 cup of ice cubes, then pour 1/2 cup milk over the tea and ice. Serve immediately. Enjoy!

Recipe by Anne Marck

We tried our Elderberry Licorice Spice Tea prepared as an iced chai latte and it is seriously yummy! And the best part? It's made with herbs and spices that have significant health benefits * and no caffeine!

Give it a try. We guarantee you won't regret it!

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

~ Health benefit information source - <https://www.healthline.com>