

ELDERBERRY CHAMOMILE VANILLA LATTE

Ingredients:

2 cups milk

2 TBS Elderberry Chamomile Rose Tea

2 tsp vanilla extract 3 tsp honey (or to taste)

Ground cinnamon for garnish (optional)

Bring milk to a simmer over medium low heat. Add honey and stir until dissolved.

Add loose tea, cover, and turn off the heat. Steep tea in the milk for 5-7 minutes.

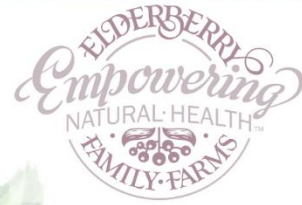
Strain the tea into a French press and add the vanilla. Press the plunger up and down several times until you have thick foam at the top of the milk.

Pour tea into a large mug, garnish with cinnamon and serve immediately. Serves 1

Helpful Tips:

Do not boil the milk, and add the vanilla after straining the tea. Cooking the vanilla will destroy some of the flavor. You can use oat milk in this recipe for a dairy-free version. Real milk foams better than alternative milk substitutes.

Recipe by Anne Marck



Did you grow up drinking warm milk at bedtime? Our moms and grandmothers knew that a cup of warm milk at bedtime would help you sleep better.

Milk contains tryptophan, an amino acid that converts into serotonin, the hormone that gives you a sense of well-being. Serotonin also increases the amount of melatonin in your body and melatonin is the hormone responsible for getting good sleep.

Chamomile contains apigenin, an antioxidant that binds to certain receptors in your brain that may promote sleepiness and reduce insomnia. Chamomile tea may also protect against diarrhea, stomach ulcers, nausea, and gas, likely due to its anti-inflammatory effects.