

Rise and Shine Latte

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- Brew 1 tsp Rise and Shine loose leaf tea
- 1/2 cup hot water
- Desired amount of nut milk (1/2-1 cup)
- 1 tsp raw honey
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg

Instructions:

1. Boil water and brew tea in a tea pot or mug. 1 tsp of tea per person.
2. Steam milk or warm up milk in a small pot on low temperature on the stove until hot but not boiling. Be careful it doesn't burn.
3. If you're following the method of warming the milk on the stove and you want froth simply place warmed milk in a high power blender and blend, or froth with an immersion blender.
4. Pour warmed milk into mug of brewed tea and add honey, and sprinkle with cinnamon and nutmeg.

Notes:

Serves 1.