

Maple & Spice Oat Milk Latte

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- Steep 1 cup of your favourite tea (Rise and Shine Tea)
- 1 tbsp dark maple syrup
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 cup oat milk
- 1/4 cup coconut milk or almond milk (if you want extra creamy froth)

Instructions:

1. Steep your favourite tea for 3-5 minutes in 1 a cup of hot water.
2. Using a milk frother like Nespresso or a milk steamer on your espresso machine, warm up the milk.
3. Once tea has steeped, remove tea bag and pour tea between two mugs. Pour warmed oat milk between two cups.
4. Pour maple syrup into latte and stir.
5. Sprinkle nutmeg and cinnamon, stir into latte. Sprinkle some on top.
6. If you want extra foam/froth, steam a bit of almond or coconut milk for the top. This doesn't really add any taste, it's more just for appearances so feel free to skip this step.

Notes:

Makes 2 lattes.