

Mushroom Hero Latte

3 Tbsp Rishi Mushroom Hero herbal tea
7 oz filtered water
1 Tbsp buckwheat honey
up to 10 oz steamed milk

Add tea and water to a small saucepan over medium-low heat. Simmer gently for 3 to 4 minutes while stirring; remove from heat.

Strain into a 10 or 12-ounce latte cup portioned with buckwheat honey (press tea with back of a spoon to extract as much liquid as possible); stir to combine. Top with steamed milk.

