



Golden Milk Latte

A Harney & Sons Wellness Recipe



Ingredients:

1 tbsp Golden Milk Glimmer Wellness Tea

1 cup milk of choice

Optional:

Cinnamon stick

Dash of pepper

Dash of vanilla

Sweetener of your choice

Directions:

1. Set a small saucepan over low heat. Add your milk of choice, 1 tbsp of Golden Milk tea per cup of milk. Optional add-ins can be spices like a cinnamon stick or black pepper. Whisk until combined.

2. Bring to steaming, just below a simmer. Do not let it come to a boil. Keep just below a simmer, stirring occasionally, for 10 minutes.

3. Remove from heat.

4. Remove the cinnamon stick if you added it. If you added other spices that need to be strained out, strain using a fine-mesh strainer then return to the pan. If you like your lattes on the sweeter side, add your sweetener of choice, or you can add a dash of vanilla.

5. Use a frother to froth the tea, if desired. Pour into a mug and spoon the froth over the top. Serve.