

Everything Herbal

by Cheryl Jabz

Lavender Honey Latte



BENEFITS:

Lavender may promote relaxation. Honey adds natural sweetness. Great for reducing coffee bitterness.



INGREDIENTS

- 1 cup strong coffee
- 1/2 teaspoon culinary lavender buds
- 1/2 cup steamed milk
- 1 teaspoon honey

INSTRUCTIONS

Steep lavender in hot coffee for 3 minutes. Strain.
Add honey and steamed milk.
Serve immediately.



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