

# WHOLE CHAMOMILE FLOWERS

## THE LATTE



### INGREDIENTS – Makes 2 servings

- ½ liter milk
- 2 tbsps Whole Chamomile Flowers tea
- 5 cloves, crushed
- 1 cinnamon stick + ground cinnamon
- 2 tps vanilla extract



### DIRECTIONS

- Heat milk with chamomile, cinnamon stick, & cloves in a saucepan. Steep for 5 minutes.
- Filter the milk into a French press. Add vanilla extract. Move the French press plunger to froth the milk.
- Pour the tea into 2 cups & sprinkle on ground cinnamon.