

# Chamomile Iced Latte



Michigan Restaurant & Lodging Association  
EDUCATIONAL FOUNDATION

# MRLAEF

## Ingredients

2-six inch sprigs of chamomile  
with the flower

½ cup boiling water

2 teaspoons of agave or  
honey

1 ½ cups of ice

¼ tsp vanilla extract

½ cup oat milk or other  
nondairy milk

1 shot of espresso- optional.

## Directions

Thoroughly rinse chamomile.

Steep chamomile in the boiling water  
for about 4 minutes, remove herb and  
stir in sweetener.

Place ice in a large glass and pour the  
chamomile tea over top. Add the  
vanilla extract and nondairy milk. Stir in  
espresso if using.

Option- dust the top with a bit of  
cinnamon or nutmeg

## Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

## Servings 1

111 kc

1.3g

0g

0mg

53mg

23g

1g

2gm