

London Fog Tea Latte (Earl Grey Latte)

Yield: 1 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-fog-tea-latte-recipe>

Ingredients:

- 1 cup earl grey tea
- 1/2 teaspoon dried lavender
- 1/2 cup milk steamed, *, any kind
- 1 tablespoon granulated sugar **, or more or less to taste
- 1/4 teaspoon vanilla extract store-bought or homemade

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Protein: 6 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 95 milligrams
8. Sugar: 20 grams

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