

Green Tea Latte



Servings: 1

1 bag green tea

1 cup boiling water

1/2 cup hot milk

2 teaspoons honey

1/4 teaspoon ground ginger

1/4 teaspoon ground cinnamon

Fill a mug with 1 cup of boiling water. Add the green tea bag and steep for 5 minutes.

Remove the tea bag. Pour the hot tea into a mug with hot milk, honey, ginger, and cinnamon. Stir until combined.

Serve

Per Serving (excluding unknown items): 120 Calories; 4g Fat (29.0% calories from fat); 4g Protein; 18g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 63mg Sodium; 18g Total Sugars; trace Vitamin D; 153mg Calcium; trace Iron; 177mg Potassium; 104mg Phosphorus. Exchanges: .