



## LAVENDER LATTE

prep 5 mins

cook 15 mins

total 20 mins

yield 1 cup syrup

### **Ingredients**

1 cup water

2 tablespoon of dried lavender flowers

1/2 cup raw honey

1 shot of espresso or 1 small cup strong-brewed coffee.

3/4 cup almond milk (or non-dairy milk of choice)

### **Instructions:**

Bring 1 cup water and 2 tablespoon of lavender flowers to a boil in a small stovetop saucepan.

Add 1/2 cup raw honey and then reduce heat simmer for 15 minutes.

Allow to cool, then strain the syrup and pour into a container to store in the fridge (will keep for 10 days).

Add 1 tbs of lavender syrup to a shot of espresso or brewed coffee and top with steamed & frothed milk.