

The Herbal Crafter

by Tiffany Pelkey

Butterfly Pea Flower Latte

Ingredients

- 1-2 tablespoons of dried butterfly pea flowers
- 2 cups water
- Oat milk or milk of choice
- Honey, or sweetener of choice

Directions

1. Brew the tea for 3-5 minutes. While brewing, froth the oat milk with honey. I use a warming frother (like this one) to warm and froth my milk.
2. Pour the tea into your tea cup and top with milk and honey.

For educational use only.

