

# London Fog Latte

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Points will depend on how much and what type of milk you use.

If you use 1/2 almond milk – 0 points on all plans

If you use 1/4 cup 1% milk – 1 point on all plans

If you use 1/2 cup 1% milk – 2 points on all plans

- 2 cups brewed Earl Grey tea – hot or iced
- sweetener of choice
- 1/2 to 1 cup milk of choice (see description box above)
- 1 tsp good quality vanilla extract

1. Brew 2 cups Earl Grey tea – for a hot latte, use immediately. For an iced latte, let cool.
2. **If you have a milk frother** – heat type and amount of desired milk in microwave for 30-45 seconds. Froth milk. For an iced latte, use cold milk

**If you do not have a frother** – heat type and amount of desired milk in a saucepan over medium heat while continually whisking -about 5 minutes. Let milk scald, but not boil. OR, place in a jar with a lid – make sure the jar is only 1/3 full and shake until milk is frothy and doubled in volume OR put desired amount in a blender and blend on high for 30 seconds until the milk is frothy.

3. Divide tea into two large mugs. Divide frothed milk between the two mugs on top of the tea
4. Drizzle with vanilla extract. Stir and enjoy!