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!