

Paleo Lavender Latte Recipe

The Ingredients:

- **1/2 cup of Almond Milk**
- **1/2 cup of Strong Black Coffee of your choice**
- **1 tablespoon of liquid sweetener, honey or maple syrup**
- **1 tablespoon of dried lavender**

Instructions:

- 1.) Brew coffee
- 2.) Warm up Almond Milk medium-heat, and then steep Lavender in milk for 15-20 minutes (strain if not using a tea steeper for the Lavender)
- 3.) Froth warm milk and then pour into coffee.
- 4.) Sprinkle some dried lavender on top

ENJOY!

