

# Lavender Soymilk Chai Latte

From American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/lavender-chai-latte/>

## Ingredients

1 ½ cups water  
1 to 2 tablespoons dried lavender flowers  
1 chai tea bag  
1 tablespoon agave nectar  
1 cup brewed strong coffee  
1 cup unsweetened, plain soymilk

## Instructions

1. Pour water into small pot and bring to a boil.
2. Add lavender flowers and chai tea bag and set aside for about 15 minutes to steep.
3. Pour liquid through strainer, squeezing remaining liquid from lavender flowers and chai tea bag, and return liquid to pot. Discard lavender and tea bag.
4. Add agave nectar, coffee, and soymilk and reheat, stirring well, just until mixture is hot. Do not boil.
5. Pour into 4 coffee cups.

Makes 4 servings, 7/8 cup each.

## Nutrition information per serving

Calories: 37	Sodium: 23 mg
Total Fat: 1 g	Protein: 2 g
Saturated Fat: 0 g	Total Carbohydrates: 5 g
Trans Fat: 0 g	Dietary Fiber: 0.25 g
Cholesterol: 0 mg	Total Sugars: 4 g