



Recipe No. 02

CINNAMON HONEY LATTE

A softly spiced latte for the first cooler evening
Serves 1

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Ingredients

For the latte

1 double espresso or 60 ml strong coffee
180 ml milk or lactose-free milk
1-2 tsp runny honey
1/4 tsp ground cinnamon
pinch fine sea salt
1/4 tsp vanilla extract, optional

To finish

extra cinnamon
small drizzle honey, optional

Method

1. Add the milk, honey, cinnamon, salt and vanilla to a small saucepan.
2. Warm gently, whisking often, until steaming but not boiling.
3. Froth until softly foamy.
4. Pour the espresso into a warmed cup.
5. Slowly add the milk, spooning the foam over the top. Finish with cinnamon and honey, if desired.

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Essy's Notes

A small pinch of salt keeps the honey from tasting too sweet. Use decaffeinated espresso for an After Eight version.