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Frothy Botanical Latte Recipe

Using WTGG's Therapeutic Botanical Latte Blends

Botanical lattes make a great replacement for smoothies in the cooler seasons, serving as a wonderful medium to enjoy a warm daily dose of medicinal herbs and superfoods. We have blended medicinal plants and superfoods together in a fine powder that can be combined with a milk of your choice to create a frothy herbal latte.

There are two easy methods to make a warm frothy botanical latte.

Ingredients:

- 1 tsp. botanical latte powder
- 2 cups warm milk (hemp milk and oat milk are our favorite dairy alternatives)
- 1 tsp. raw local honey, maple syrup or 1/2 tsp. [Green Stevia Powder](#) (add more or less based on desired sweetness)
- 1 Tbsp. coconut oil or ghee
- 1/2 cup warm brewed herbal tea (optional for blender method)

Stovetop Method:

1. In a pot on medium heat, whisk together (a [matcha whisk](#) works well) 2 cups of milk of choice, 1 tablespoon of coconut oil or ghee (for a healthy fat that also helps plant based milks froth better), 1 teaspoon of herbal latte blend, and 1 teaspoon of real maple syrup or local raw honey for a little sweetness.
2. To froth up your latte, use a [hand frother](#), [electronic frother](#), or the frother on your coffee machine.

Blender Method:

1. Steep herbal tea in a french press or reheat herbal tea you have previously made (or you can just use hot water instead of brewing tea as your base, but we love to add as many herbs as possible to our lattes!).
2. Heat 2 cups of milk of choice in a pot on the stove.
3. Add to your blender: the heated milk, 1 teaspoon of herbal latte blend, 1 tablespoon of coconut oil or ghee (for a healthy fat that also helps plant based milks froth better), 1 teaspoon of real maple syrup or local raw honey for a little sweetness, and a 1/2 cup of the hot herbal tea.
4. Blend on highest speed for 1 minute, and then enjoy your warm frothy botanical latte!