



Steamed Lavender Vanilla Latte

Makes 3 (8-ounce) drinks

Calories 80

Prep Time 10 minutes

Total Time 15 minutes

Made with Splenda® Coffee Creamer

Ingredients

- 1 cup strong, hot coffee (or espresso)
- 1 tablespoon culinary-grade lavender buds
- 1 ½ cups nonfat milk
- ½ cup Splenda® French Vanilla Coffee Creamer

Instructions

1. In a standard drip coffee maker, brew 1 cup of strong brewed coffee (or brew espresso)
2. In a small saucepan over medium heat, bring milk and lavender buds to a simmer.
3. Remove from heat and add Splenda Coffee Creamer and steep for 5 minutes.
4. Pour mixture through a wire-mesh strainer and discard lavender.
5. Divide coffee (or espresso) into four serving cups.
6. Pour strained lavender creamer into hot coffee (or espresso); froth lavender creamer before adding to coffee.
7. Garnish with lavender buds and serve.

Nutrition Info Per Serving

Serving Size: 1 (8-ounce) drink

Calories	80	Total Carbs	11g
Total Fat	4g	Dietary Fiber	0g
Saturated Fat	0.5g	Sugars	6g
Cholesterol	5mg	Added Sugars	0g
Sodium	85mg	Protein	5g