

London Fog

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2/3 cup water
1 Earl Grey tea bag
1/2 teaspoon dried lavender
(optional)
1 1/2 teaspoons sugar
1/4 teaspoon vanilla
2/3 cup milk
dried lavender (for topping)

In a saucepan, bring the water to a boil. Remove from the heat. Add the Earl Grey tea bag and dried lavender, if using.

Cover and steep for 5 to 8 minutes.

In a mug, combine the sugar and vanilla. Strain the tea into the mug. Stir.

In a pan, heat the milk with a frother. Pour into the mug. Spoon the froth on top.

Sprinkle with more dried lavender, if desired.

Per Serving (excluding unknown items): 126 Calories; 5g Fat (38.4% calories from fat); 5g Protein; 14g Carbohydrate; 0g Dietary Fiber; 22mg Cholesterol; 84mg Sodium. Exchanges: 1/2 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.