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## Teavanna Oprah Chai Tea Soy Latte

Teavanna Oprah Chai Tea Soy Latte is a delicious and comforting vegan drink made with Teavanna Oprah Chai Tea and soy milk. It is a perfect blend of bold spices and creamy soy milk, creating a warm and satisfying beverage. This latte is a popular choice for tea lovers who prefer a vegan option.

**Recipe Type:** Vegan

**Prep Time:** 5 mins

**Cook Time:** 10 mins

**Total Time:** 15 mins

**Recipe Yield:** 250 grams

**Number of Servings:** 1

**Serving Size:** 250 g

### Ingredients

<b>1</b>	teavanna oprah chai tea
<b>teabag</b>	
<b>200 ml</b>	Soy Milk
<b>50 ml</b>	Water

# Directions

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## Step 1

Boiling

Boil water in a saucepan.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Steeping

Add the Teavanna Oprah Chai Tea teabag to the boiling water and steep for 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Remove the teabag and discard.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Heating

In a separate saucepan, heat the soy milk until hot but not boiling.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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## Step 5

Pour the brewed tea into a mug and add the heated soy milk.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 6

**Stirring**

Stir well and serve hot.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 120 kcal

**Fat:** 4 g

**Protein:** 7 g

**Carbohydrates: 15 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	0 mg	0%	0%
Vitamin D	30 mcg	200%	200%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	80 mg	3.48%	3.48%
Calcium	30 mg	3%	3%
Iron	6 mg	75%	33.33%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

# Recipe Attributes

## Seasonality

Summer Fall

## Events

Barbecue

## Course

Drinks Sauces & Dressings

## Cultural

Chinese New Year Oktoberfest Passover Christmas Easter Halloween

## Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

## Demographics

Kids Friendly Senior Friendly Teen Friendly

## Meal Type

Lunch Dinner Snack

## Difficulty Level

Easy

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