



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

London Fog Tea Latte ♦♦

London Fog Tea Latte is a classic British tea latte made with Earl Grey tea, steamed milk, vanilla syrup, and a hint of lavender. It is a comforting and aromatic beverage that is perfect for a cozy afternoon or a morning pick-me-up.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 5 mins

Total Time: 10 mins

Recipe Yield: 250 grams

Number of Servings: 1

Serving Size: 250 g

Ingredients

2 bags	earl grey tea bags
1 c	Hot Water
1 c	Milk
2 tbsp	vanilla syrup
1 tsp	lavender buds

Directions

Step 1

Steeping

Steep the Earl Grey tea bags in hot water for 3-5 minutes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Heating

In a saucepan, heat the milk until steaming.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Mixing

Pour the steeped tea into a cup and add the vanilla syrup.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Stirring

Pour the steamed milk over the tea and stir gently.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Sprinkling

Sprinkle lavender buds on top for garnish.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 4 g

Protein: 5 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	0 g	0%	0%
Sugars	13 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	2 g	9.09%	11.76%
Fat	4 g	14.29%	16%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Vitamin A	8 iu	0.89%	1.14%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	20 mg	2%	2%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

Visit our website: healthdor.com