

# Spiced Vanilla Latte

1 Serving • 1 Serving = 8 Ounces



## INGREDIENTS

- 1 cup 1% milk or unsweetened soy milk
- 1 teaspoon honey
- ½ teaspoon vanilla extract
- 2 cinnamon sticks
- ½ teaspoon orange zest
- ¼ cup brewed coffee
- Ground cinnamon, to taste

## DIRECTIONS

1. Combine milk, honey, vanilla, cinnamon sticks, and orange zest in a small pot. Simmer for 5-10 minutes over medium heat, stirring regularly.
2. Add brewed coffee to the pot and heat for 1 minutes.
3. Pour into mug and sprinkle cinnamon on top.

## Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>8 ounces</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars</b> 18g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 8g	
<b>Vitamin D</b> 3mcg	<b>15%</b>
<b>Calcium</b> 313mg	<b>25%</b>
<b>Iron</b> 0mg	<b>0%</b>
<b>Potassium</b> 405mg	<b>8%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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