

T E N D I N G the T A B L E

Tahini Rose Rooibos Latte

Serves 2

INGREDIENTS

3 tablespoons loose leaf rooibos tea
1 cup unsweetened almond milk
1 date, pitted
1 teaspoon tahini
3/4 teaspoon rose water extract
1/8 teaspoon ground cinnamon

PROCEDURE

Place the tea in glass jar or glass measuring cup, cover with 1 cup boiling water and let steep for 5 minutes. Strain the tea through a fine mesh sieve into the container of a high speed blender. Alternatively, use a french press to make the tea. Meanwhile warm the almond milk in a small pot over low heat. Add the hot almond milk, date, tahini, rose water, and cinnamon to the blender with the tea and blend on high until smooth and creamy.