

Vanilla Tea Chai



1 cup boiling water
1 tea bag
1/2 cup skim milk
1/4 teaspoon vanilla extract

1/8 teaspoon ground cinnamon, more for
sprinkling
1 teaspoon honey

Instructions: Place tea bag in a mug and pour boiling water over it. Let steep 2-3 minutes. While tea steeps, add vanilla and cinnamon to milk. If you have a milk frother, froth the milk according to the manufacturer's directions. If no frother, warm the milk in the microwave for 45 seconds. Remove tea bag from mug and stir in honey. Add milk mixture to sweetened tea and sprinkle with cinnamon.

Yield: 1 serving

Nutrition Facts (per serving): 70 calories, 0 grams fat, 50 milligrams sodium, 12 grams carbohydrate, 0 grams fiber, 4 grams protein