Camomile and Honey Latte with a Little Lavender

From the teas.co.uk wiki

A warm, milky camomile drink for the end of the day. You brew a strong little shot of Loyd Pure Camomile, sweeten it with honey while it is hot, then top it with frothed milk and the lightest dusting of lavender. Honey is the obvious friend for camomile, picking up the soft floral note already in the cup, and the lavender adds a gentle scent rather than a strong flavour.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Camomile and Honey Latte with a Little Lavender recipe. Canonical: https://teas.co.uk/recipes/camomile-tea/camomile-and-honey-latte-with-a-little-lavender/*

Full-fat dairy gives the best body against the floral tea, though barista oat froths well if you want it dairy-free; ordinary oat tends to split against the tea. Keep the lavender to a real pinch, around eight or ten buds, as too much turns soapy fast, and use culinary or herbal-tea lavender, never florist lavender, which is usually sprayed.

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