Vanilla Rooibos Latte with Cape Malay Nutmeg

From the teas.co.uk wiki

Rooibos makes a lovely red latte, and because it has no caffeine it is one you can have late without a second thought. The trick is to brew it double-strength, using two Dragonfly Organic Vanilla Rooibos bags in a small amount of water, so the tea still tastes of itself once the milk goes in. A grating of fresh nutmeg over the foam is the finishing touch, a nod to the Cape Malay way with milk drinks.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Vanilla Rooibos Latte with Cape Malay Nutmeg recipe. Canonical: https://teas.co.uk/recipes/rooibos/vanilla-rooibos-latte-with-cape-malay-nutmeg/*

Steamed whole milk turns the honey-malt of the rooibos into something close to warm vanilla custard, and the nutmeg sits up on the foam so you catch it on the first sip before the milk rounds everything off. Use barista oat if you want it dairy-free, and add honey only if you like it sweet, since the vanilla already carries a fair amount.

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