

## Rooibos Latte (Caffeine Free Alternative)

From the Teas.co.uk wiki

A **rooibos latte**, sometimes called a red latte or red cappuccino, is South Africa's caffeine-free answer to the coffee-shop latte: a strong rooibos concentrate softened with steamed, frothed milk and a touch of vanilla or cinnamon. Rooibos has the body to carry milk much like a strong black tea, and because it has none of the tannin that turns milky black tea grey, it stays smooth and a clean red-brown rather than thin. It uses Tetley Redbush Pure, a Rainforest Alliance certified rooibos from South Africa's Western Cape, so with no caffeine it is a latte you can happily have late in the evening.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Rooibos Latte (Caffeine Free Alternative) recipe. Canonical: <https://teas.co.uk/recipes/rooibos/rooibos-latte-caffeine-free-alternative/>*

For a flavoured version try the [vanilla rooibos latte](#), and if you want the plain cup first, see [how to brew pure rooibos](#).

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