Yerba Mate Latte

From the teas.co.uk wiki

If you like the idea of a latte but want a lift without coffee, yerba mate does the job. It takes well to oat milk, giving a creamy cup with a green, faintly smoky edge underneath.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Yerba Mate Latte recipe. Canonical: https://teas.co.uk/recipes/green-tea/yerba-mate-latte/*

Brew the mate strong but not hot enough to turn it bitter, then top with frothed oat milk and a little agave. It makes a good mid morning drink for anyone cutting down on coffee who still wants a lift.

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