Warm Honey and Vanilla Tea Latte (Twinings Sleep Valerian)

From the teas.co.uk wiki

This turns Twinings Sleep Valerian into a cosy, milky evening drink: brew it strong, then top with warm frothed milk, a little honey and a drop of vanilla. The camomile and vanilla make it a soft, mellow mug, and it is naturally caffeine-free.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Warm Honey and Vanilla Tea Latte (Twinings Sleep Valerian) recipe. Canonical: https://teas.co.uk/recipes/camomile-tea/warm-honey-and-vanilla-tea-latte-twinings-sleep-valerian/*

Makes one mug. Brew strong, warm and froth the milk, then pour together.

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