Can you put milk in chamomile tea?

From the teas.co.uk wiki

Yes. Chamomile and milk suit each other rather well: the flower's honeyed, apple-like sweetness works with the softness of warm milk, and the result is closer to a light malted drink than to tea with milk.

It will not curdle, either. Curdling needs acid or a lot of tannin, and chamomile has very little of either, unlike a hibiscus or lemon blend, which will split milk.

The trick is to brew it strong

The usual disappointment is a pale, milky cup that tastes of nothing. Chamomile is delicate, and milk is not, so double the tea:

1. **Two bags** (or 2 heaped teaspoons of dried flowers) in 150ml of freshly boiled water.
2. **Cover** and brew for 5 minutes.
3. Remove the bags and add **80 to 100ml of hot milk**.
4. A little honey sweetens the chamomile milk nicely if you want it.

Or infuse the milk directly

For something richer, a proper chamomile latte:

1. Warm 250ml of milk in a pan until steaming, not boiling.
2. Take it off the heat, add **two chamomile bags**, cover and leave for 8 to 10 minutes.
3. Lift the bags out, squeezing them gently, and froth or whisk the milk.
4. Add honey or a drop of vanilla.

Our creamy camomile nightcap and camomile and honey latte recipes both use this approach.

Which milk

Milk	How it behaves
Whole dairy	Roundest and sweetest; the classic choice
Semi-skimmed	Lighter, still fine
Oat	Excellent: naturally sweet and stable; barista versions froth best
Almond	Thin, and its own flavour competes a little
Soya	Works, but more likely to separate if the drink is very hot

Which chamomile

Use a plain one. Twinings Pure Camomile is 100% camomile flowers; Teapigs Chamomile Flowers uses whole flower heads and gives a fuller flavour in milk.

Blends that contain hibiscus, citrus or strong spices are the ones to avoid here: the acidity can split the milk and the flavours fight.

More about the flower in our chamomile tea guide.

One caution

Chamomile is in the daisy family, so if you are allergic to ragweed, marigolds, chrysanthemums or daisies you may react to it. It can also interact with some medicines, and there is little information about use in pregnancy: worth a word with a pharmacist if any of that applies to you. NCCIH: chamomile

And to be clear: this is a nice warm drink, not a sleep treatment.

Common questions

Will milk stop it working?
There is nothing to stop. Drink it because you like it.

Why is mine watery?
One bag in a big mug plus milk. Use two bags and less water.

Can I make it iced?
Yes: brew double strength, cool it, then pour over ice and add cold milk.

Does it need sugar?
No, though a teaspoon of honey suits the flavour if you want it sweeter.

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