



Caramel Apple Pie Latte



Developed by Hungry Girl; brought to you by [Red Rose Tea](#) !

Entire recipe (about 8 oz.): 12 calories, 1g total fat (0g sat. fat), 59mg sodium, 0.5g carbs, <0.5g fiber, 0g sugars, <0.5g protein

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Prep: 5 minutes **Cook:** 5 minutes or less

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Ingredients

- 1 [Red Rose Sweet Temptations Caramel Apple Pie](#) tea bag
- 1/3 cup unsweetened vanilla almond milk (or HG alternative below)
- Dash cinnamon

Directions

Place tea bag in a microwave-safe mug, and cover with 2/3 cup hot water. Allow to steep for 5 minutes.

Remove and discard tea bag. Add almond milk, and stir well.

Microwave for 35 seconds, or until hot.

Sprinkle with cinnamon.

MAKES 1 SERVING

HG Alternative: Prefer dairy milk? No problem! If made with fat-free milk instead of almond milk, this latte will have 30 calories and a **SmartPoints®** value of 1*.

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