

# Spiced Rooibos with Beetroot Latte



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At Stir we are big fans of our veges. Adding an additional nutritional serve of beetroot to a cup of Spiced Rooibos seemed the perfect combination for us. We hope you enjoy it.

## Spiced Rooibos with Beetroot Latte

2 generous serves

### Ingredients

500ml coconut milk

3 heaped tsp of [Spiced Rooibos](#) from Stir

1 medium sized beetroot, peeled and grated

coconut sugar or honey to taste



### Method

Combine the milk and Spiced Rooibos in a saucepan over medium-low heat. Bring to a gentle simmer and stir through the grated beetroot, then remove from the heat and set aside for 15 minutes to allow the flavours (and wonderful colour) to develop. Reheat the beetroot milk over medium-low heat, stirring frequently until heated through.

Carefully strain the beetroot milk through a fine strainer discarding the solids. Blend (or use a milk frother) for 20 seconds or until frothy. Pour into cups or latte glasses and stir in a little of your choice of sweetener, if desired.

### Handy Hints:

We preferred the creaminess of coconut milk over other milks but you could use any milk. We did find that other milks frothed better than the coconut milk.

We found the natural sweetness of the beetroot was enough and we did not need to add any sweetener.

We were reluctant to discard the Spiced infused grated beetroot, thinking it could be used in a smoothie, a topper for porridge or as a garnish for salads or a roast vegetable dish. If you wish to extend the uses of your infused grated beetroot simply measure the rooibos into a filter bag or tea tongs when brewing in the milk so that it can be easily removed/separated from the infused grated beetroot.

If you find your beetroot latte is a little too creamy, stir through some boiling water to reach your desired consistency.

This recipe was inspired by Pete Evans and his great recipe book: Eat Your Greens