

# Rainforest Mate Latte

**A new twist on the classic chocolate mint ice cream or milkshake.**

## Ingredients

- 1 tbsp. Loose Rainforest Maté or 1 Loose Rainforest Maté Tea Pouch
- 10 oz. Purified Water
- 3 tbsp. Whole Milk
- 1 tsp. Sugar

## Preparation

Boil purified water. Measure out tea leaves into an infuser and pour hot water over leaves or Tea Pouch. Let tea steep for five minutes. When steeping is complete, remove Tea Pouch or infuser from cup and discard spent tea leaves.

If you have an espresso machine, combine freshly brewed maté, sugar and milk.

Froth beverage until right before it becomes foamy. Enjoy this energizing delight.

If you do not have an espresso machine, pour milk, sugar and maté in a large bowl and blend with hand mixer until it becomes frothy. Pour beverage into a mug and enjoy.

## Serves

Serves one 12 oz. cup.

## History

Maté comes from a tree, *Ilex Paraguariensis*, cultivated in South America. It consists of leaves that are dried and crushed to make a tea-like herb. Classified as a tropical or subtropical plant Yerba Mate requires high temperatures and humidity.

In the wild, the plant takes about 25 years to completely mature. In Argentine culture, this drink has been shared for centuries in homes and enjoyed as a daily ritual.

## Origin

South America, United States.