

Easy-Does-It Chamomile Milk Tea Recipe

by [Kimberley Anne](#) | Jun 20, 2012



We all have those days: coming home from a hard shift at work, a fight with a good friend, or an afternoon running around town. Our hair feels like it's standing on end, our nerves are a buzz with overstimulation. Stress.

Breathing can help tone down stress, as can a bubbly bath, and one of my personal fave remedies is a cup of hot

beverage. It often doesn't matter what's inside my giant round mug, as long as it's steaming and has some sort of refreshing aroma. Of all the caffeine-free teas out there on the market, chamomile might be one of the most calming for me.

This week at Whisked Foodie we made our own dried chamomile at home from fresh bundles bought at the farmers market, and I was eager to try out some home-brewed hot tea with it. Rather than steep the dried chamomile inside water as you would when making regular tea, I opted to steep it inside whole milk—as is commonly done when making spiced Indian chai.

To make this calming milk tea, simply combine dried chamomile and milk of choice in a small saucepan; bring to a small simmer and steep ever so gently about 20 minutes (the longer you steep, the more intense the infusion). Add honey to taste and enjoy.

If you want to build upon this basic formula for chamomile milk tea, I recommend adding any of the following dried herbs to the mix: rose petals, vanilla pods, dried ginger, and/or cardamom. Try replacing the honey with agave, or for a completely sugar-free version, skip the sweeteners and go with stevia powder.

You should note: [The Colorado State University Extension](#) warns that individuals with allergies may want to limit their consumption of chamomile tea, as they may have allergic reactions to it.

Easy-Does-It Chamomile Milk Tea

Makes 1 serving

Ingredients:

- 1 cup milk of choice
- 1 heaping tablespoon [dried chamomile](#)
- 1 to 2 tablespoons honey, to taste

Directions:

1. Combine milk and chamomile in a small saucepan; bring to a very low simmer over low heat. Cover and cook over very low heat 15 to 20 minutes.

2. Strain and serve with honey to taste.