



Hot Vanilla Milk

Serves 2

Ingredients :

- 4 cups full cream (or fat-free milk)
- 1 vanilla pod, split and seeds scraped
- Selati sweetener or Selati Castor Snow, to taste
- Honey, for drizzling

Methods :

1. Heat the milk in a saucepan with the vanilla pod and seeds until just below boiling.
2. Sweeten with the sweetener or sugar.
3. If you would like your milk frothy, blend it with a hand blender while warm.
4. Pour into 2 mugs and drizzle with honey.