

Creamy Rose Petal Milk Tea

Indulge in the luxurious flavors of this creamy rose petal milk tea, combining the delicate essence of rose with rich milk and a hint of sweetness. Perfect for a calming afternoon treat.


15 min

Total time

easy

Difficulty

150

kcal / serving

Ingredients

- 1 cup water
- 1 tablespoon dried rose petals
- 1 teaspoon black tea leaves
- 1 cup milk (dairy or plant-based)
- 1-2 teaspoons sugar or honey (to taste)
- A few extra rose petals for garnish

Steps

- 1 In a small saucepan, bring the water to a boil.
- 2 Add the dried rose petals and black tea leaves to the boiling water.
- 3 Reduce the heat and let it simmer for 5 minutes, allowing the flavors to infuse.
- 4 Strain the tea mixture into a cup, discarding the solids.
- 5 In the same saucepan, heat the milk until steaming but not boiling.
- 6 Add the sugar or honey to the milk and stir until dissolved.
- 7 Pour the sweetened milk into the cup with the rose tea mixture.
- 8 Garnish with a few extra rose petals and serve warm.