



Caramel Apple Pie Latte



Developed by Hungry Girl; brought to you by [Red Rose Tea](#)!

Entire recipe (about 8 oz.): 12 calories, 1g total fat (0g sat fat), 59mg sodium, 0.5g carbs, <0.5g fiber, 0g sugars, <0.5g protein

Green Plan [SmartPoints](#)® value 0*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Prep: 5 minutes **Cook:** 5 minutes or less

Tagged: [Recipes Developed for Our Partners](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1 [Red Rose Sweet Temptations Caramel Apple Pie](#) tea bag
1/3 cup unsweetened vanilla almond milk (or HG alternative below)
Dash cinnamon

Directions

Place tea bag in a microwave-safe mug, and cover with 2/3 cup hot water. Allow to steep for 5 minutes.

Remove and discard tea bag. Add almond milk, and stir well.

Microwave for 35 seconds, or until hot.

Sprinkle with cinnamon.

MAKES 1 SERVING

HG Alternative: Prefer dairy milk? No problem! If made with fat-free milk instead of almond milk, this latte will have 30 calories and a **SmartPoints**® value of 1*.

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.