



Miel de Avena
CREATED BY KARLA LY
QUIÑONES GARCÍA

SPICED HONEY SYRUP

INGREDIENTS

1/2 cup of honey
1/2 cup of water
2 cinnamon sticks
(I used 3-inch)
3 whole star anise
5 allspice berries
4 cloves

DIRECTIONS

Add all the ingredients to a small saucepan over medium-high heat. When the mixture starts to boil, reduce heat and let simmer for 5 minutes.

Take the saucepan off and let it cool completely. Strain out the spices and pour the syrup into a clean container. Store in refrigerator.

This recipe is non-alcoholic, but you can spike the honey reduction if you like.

MIEL DE AVENA (Spiced Honey Oat Latte)

I used Southern Weather from Onyx Coffee Lab

19g In

40g Out

(Over 27 seconds)

To make the coffee, I pour 25g of the spiced honey syrup on an 8oz cup. Add and mix espresso with syrup. Steam and pour Pacific Barista Series oat milk. Sprinkle a little cinnamon and enjoy!