

Chai Tea



RECIPE

Ingredients (for 8 cups)

- 10 cups water
- 20 whole cloves
- 20 green cardamom pods
- 15 black peppercorns
- 4 sticks cinnamon
- 2 inches fresh ginger root
- 1 tea bag black tea
- 1 1/2 cups milk

Preparation

Bring water to a boil. Add cloves, crushed cardamom pods, peppercorns, cinnamon sticks, and ginger. Cover and simmer for 30-40 minutes. Turn off heat and add the tea bag. Strain and add milk to serve or refrigerate to use as desired and when ready to serve, add milk (type of your choice) and bring to a light boil again. You can add sweetener such as honey or maple syrup before serving.

Considered the great healer, the great energizer, chai tea brings a divine aroma to the home. It's especially good during the winter months.

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