
Chai Tea Recipe

This recipe will make about 5 cups worth, and it's caffeine-free, so your kids can drink it too.

Bring 4 cups of water to a boil. Then lower the heat to a gentle simmer and add all the following ingredients.

10 whole cloves, 12 whole cardamom pods, 12 whole black peppercorns, 2 cinnamon sticks, 4 slices fresh ginger root (chopped), 1 cup milk substitute such as coconut, soy, rice, or almond, 1 tablespoon of sweetener such as raw honey, agave, or 1 teaspoon stevia (no sugar)

Cover with a secure lid and continue gentle simmer for 20 mins. Then turn the heat off and let it sit. You can drink it right away, but the longer it sits, the better it tastes.

If you want a caffeinated version of chai tea, add 1 organic unflavored black or green tea bag to each hot serving. Steep for 5 minutes. Discard tea bag before serving.

