WINTER CHAI
(SPICED TEA)

Adapted from realfoodoutlaws.com

INGREDIENTS

1 cup loose Darjeeling or Rooibos tea leaves
¼ cup crushed cinnamon sticks
1 Tablespoon freshly ground nutmeg
2 Tablespoons ground ginger
¼ cup cardamom pods, lightly crushed
2 Tablespoons whole cloves
1 vanilla bean, cut into small pieces

METHOD

Mix all ingredients in a large bowl.

Scoop into individual tea tins or bags as desired.

To brew tea, place one teaspoon of chai in a tea ball or infuser with one cup of hot water. Steep for 15-20 minutes. Remove tea and sweeten with honey. Add a splash of milk or cream if desired.