Chai

Equipment list

- Airtight container
- Tea pot
- Your favourite mug
- Honey/milk/nut milk if desired

Substitutions

- Use your preferred tea
- Add or subtract spices according to your preference
- Use a variety of spices to get the full compliment of health-boosting flavours that supports digestion, immunity, and inner calm.
- Sip your tea mindfully.

For lots of tips, tricks & info, visit
www.breathtaking.fr/chai

Chai

Ingredients:

5 minutes | 5 minutes

- 1 tsp cardamom pods (crushed)
- 1 cinnamon stick
- 4-5 whole cloves
- 4 black peppercorns
- 1-inch fresh ginger (sliced)
- 1-2 star anise
- Coriander seeds
- 2 Tablespoons Rooibos or tea of your choice
- Sweeten to taste with honey, maple syrup, or sugar.

Instructions:

1. Put the kettle on
2. Pop all the ingredients in a container or teapot if you are making a couple of cups.
3. Pour in the boiled water.
4. Let sit for 5 minutes.
5. Add sweetener/milk to your preference.
6. Enjoy!

Tips:

1. Make a large batch to enjoy as and when you wish!

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