

Spiced Chai Herbal Tea

5	Tbs	cardamom pods	2		whole star anise
2	Tbs	whole cloves	1-1/4	tsp	ground ginger
1	Tbs	coriander seeds			Water, milk or milk substitute
8		Cinnamon sticks – 2” long each			Sweetener of choice, to taste
1/4	tsp	black peppercorns			

1. Combine all of the spices in medium bowl. Add spices to coffee or spice grinder, or in a plastic bag and pound with a mallet or rolling pin until coarsely ground. Transfer to an airtight container.
2. Combine 1 cup of water per 1 tsp of chai mix. Bring mixture to a simmer and then turn off heat. Let steep for 15 minutes.
3. Strain and serve. If desired, add steamed milk or substitute and sweetener of choice (I like honey or agave). This also works well cold over ice.
4. Strain and refrigerate any unused portion for later.