



CHAI TEA LATTE

Ingredients

8 cardamom seeds
8 cloves
4 black peppercorns
2 cinnamon sticks
1 1-inch piece of fresh, sliced ginger
2 cups of milk or milk substitute
2 cups of water
4 bags of black tea
Sugar to taste

Directions

Crush cardamom, cloves and peppercorns in a resealable plastic bag.

Pour milk and water into a medium saucepan. Add crushed spices, cinnamon sticks and ginger. Bring to a boil. Remove from heat, add the tea bags, cover and let steep for 10 minutes.

Strain into 4 cups and add 2 teaspoons of sugar (more if you have a sweet tooth).

