

homemade chai

Ingredients

- 2 1/4 cups water
- 1 3-inch cinnamon stick
- 3 whole cloves
- 4 green cardamom pods, cracked open and deseeded (I throw seeds & pods in)
- 3 black peppercorns
- 1/2 tsp fennel seeds, optional
- 1/2- inch fresh ginger, peeled and thinly sliced
- 3 black tea bags or 3 teaspoons loose leaf black tea
- 1 cup milk of choice
- 4 teaspoons sugar (more or less to taste)

Instructions

1. Heat a medium saucepan over high heat. Add water and spices. Bring to a boil and add the tea bags or leaves.
2. Reduce the heat to medium-low and simmer gently for 7-10 minutes, depending on how strong you'd like the tea and spices.
3. Add milk and sugar and stir. Raise the heat to high just to let milk boil. Reduce the heat to medium and simmer for another 5 minutes.
4. Pour into cups through a strainer and add more sweetener, if desired.

Adapted from the blog [Tea For Turmeric](#). Makes 2 cups.

