



Chai Tea

Nothing warms you up on a cold winter day like this spicy Indian tea. Thanks to Rebecca Valencia for this recipe!

- 1 green cardamom pod
- 1 clove
- 1 cinnamon stick
- 1/4" ginger root, peeled and sliced thin
- 2 bay leaves
- 1 - 2 cups water
- 2 Tbs. Darjeeling tea
- 2-3 Tbs. agave nectar or sugar (to taste)
- 1 ½ cups soy milk or rice milk

Place first 6 ingredients in a medium pot. Bring to a boil. Reduce heat and simmer 5 minutes. Add Darjeeling tea, sweetener, and soy milk or rice milk. Serve hot (or iced in the summer!).