

# Lauren's Kitchen: My Chai

Way back when I used to serve this luscious tea every morning in my office. Times have changed by the tried and true recipe remains the same. I hope it warms you from head to toe.

## Ingredients:

Fresh Organic Ginger Root

Whole Organic Spices: Star of Anise, Black Pepper Corns, Cardamom Pods, Cloves, Stick of Cinnamon

Organic Loose Tea (1 heaping T) or Tea Bags (2): Darjeeling or Sencha (with caffeine) / Tulsi or Rooibos (without caffeine)

Local Honey

Unsweetened Organic Plant Based Milk

In a 3 quart pan add the following amounts:

6-8 thin slices from the unpeeled Ginger Root

1 Star of Anise or 1/2 tea of Anise seeds

6 Black Pepper Corns

8 Cardamom Pods

10 Cloves

1 Stick of Cinnamon

2.5 quarts of water

Bring the water to boil, reduce heat to low, cover pan and simmer a minimum of 20 minutes. Return to boil again, add plant based milk and tea, turn off heat and let set for tea to brew 5-10 minutes depending on your choice of tea.

Black Tea: 5-7 minutes

Green Tea: 5 minutes

Tulsi or Rooibos: 10 minutes

Strain tea and spices out with a mesh sieve and add honey to taste. If storing, pour into glass jars, cool on the counter before placing in the refrigerator. I use nearly a 1 to 1 ratio of milk to tea. I favor using a blend of half almond and

half coconut milk Each type of plant-based milk will lend a different quality, so test out a few to determine your preference. I also favor Tulsi tea because of its medicinal qualities but feel free to experiment and find your own favorite. Enjoy!