



Chai Tea

Source: spicyperspective.com

Ingredients:

- 2 ¼ cups water
- 1 whole star anise
- 1 stick cinnamon
- 4 cardamom pods, cracked
- 4-5 black tea bags, or ¼ cup loose black tea
- 2 cups whole milk or half-n-half
- ¼ cup sugar (or natural sweetener such as honey, coconut palm sugar)

Directions:

1. Press the cardamom pods until they crack. Bring the water, tea, star anise, cinnamon, and cardamom to a boil.
2. Boil for 3-5 minutes until the tea is black and has reduced to about 2 cups. Strain and add the sugar. Add the milk and stir until hot.
3. Place the used cardamom pods in the bottom of the cups for good friends.
4. Makes 4 American-sized servings or 12+ Indian-sized servings.