

## Yummy Chai (one large single 16 oz. serving or two small servings)

1 ¼ cup water

1-2 tsp. grated fresh ginger (dried ginger may be substituted for vata or kapha – pitta should use only fresh ginger)

½ small cinnamon stick, broken into pieces (a mortar & pestle works well)

5 to 8 cardamom pods (crushed)

1-2 clove (optional – best to skip during hot weather or if pitta is high)

½ tsp. fennel seeds (best in summer to add a cooling effect) - crushed

1-2 black peppercorns (in winter only)

1/2 star anise (optional, but good!) – crushed

Simmer on low heat for 20 to 25 minutes (longer for depth of flavor)

Add 1 heaping tsp. of black tea (Red Label Orange Pekoe is good, or Indian assam) or rooibos tea makes tasty non-caffeinated tea. Peppermint is good in warm weather.

Let simmer for another few minutes

Add ¾ cup organic, whole **non-homogenized** milk (almond milk is a good substitute if you do not want to use dairy)

Let the milk heat through for another minute or two

Add 1 to 2 tsp. raw organic cane sugar, coconut sugar, honey or sweetener of choice

NOTE: if you use honey, be sure to wait until the chai is drinking temperature before you add it.

ENJOY!

Note: Blue Lotus Chai is a good substitute for homemade chai. The black tea and all the spices are finely ground and make a delicious “instant”chai. I use this for traveling and camping, or when time does not allow for a leisurely preparation of chai. You can buy Blue Lotus Chai in several flavors, and the original blend (my favorite) is available at Capella Market in bulk (less expensive).