

CHAI TEA

INGREDIENTS

4 CUPS WATER
3—4 CINNAMON STICKS
10 CARDAMON SEEDS, CRACKED
1 TSP CLOVES
1 NUTMEG SEED, CRACKED
1/4 CUP SUGAR (OR 2—3 TBSP HONEY)
3—4 TEA BAGS (BLACK)
MILK OR CREAM— TO TASTE

DIRECTIONS

BOIL FIRST 5 INGREDIENTS FOR SEVERAL MINUTES . ADD SUGAR OR HONEY AND TEA. REMOVE FROM HEAT AND ALLOW TEA TO INFUSE. STRAIN INTO CUPS AND ADD MILK OR CREAM TO TASTE.

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