

Chai Tea Mix

Serves 6



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

Ingredients

- ¼ cup loose black tea
- 2 tablespoons candied ginger, chopped
- 1 4-inch cinnamon stick
- 1 teaspoon cardamom pods (about 12 pods)
- ½ teaspoon black peppercorns
- ½ teaspoon whole cloves
- 1 teaspoon fennel seeds (optional)
- ½ teaspoon red peppercorns (optional)
- ½ teaspoon coriander seeds (optional)
- 4 star anise seeds (optional)

Directions

1. If possible, lightly crush the spices – break the cinnamon stick into pieces, split the cardamom pods slightly, and lightly crush the other spices using a mortar and pestle. Alternatively, you can break the cinnamon stick and cardamom pods carefully using kitchen shears, a garlic press, or a nutcracker.
2. Combine spices with the loose tea and candied ginger and toss.
3. Spoon tea mixture into a jar or other container, or fill coffee filters with 1 tablespoon of tea mixture and tie it closed with a knot.
1. Serving Instructions: Steep 1 tablespoon of tea mixture in 1 cup hot water for 5-10 minutes. Add ½ cup milk or milk alternative and optional sweetener to taste.

Note

For enhanced flavor, toast the spices in the oven at 350°F for about 5 minutes or until fragrant. Let cool.

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