

## Chai Tea Latte

**Prep Time:** 5 minutes

**Cook Time:** 30 minutes

**Total Time:** 35 minutes

**Servings:** 10

**Serving Size:** ½ cup chai tea concentrate & ½ cup milk

### Ingredients:

8 cups filtered water  
 2-inch piece in ginger root, peeled and chopped  
 3 cinnamon sticks  
 ½ teaspoon whole black peppercorns  
 20 whole cloves  
 7 cardamom pods, gently smashed with the flat of a knife\*  
 3 whole star anise\*  
 1 heaping teaspoon ground nutmeg  
 1 teaspoon organic vanilla extract  
 Zest of one orange  
 10-12 bags of black tea, preferably Darjeeling (depending on how caffeinated you want it)  
 ½ cup organic honey OR substitute 3-5 drops of dark liquid stevia per serving for a sugar-free latte

Milk of choice for serving:  
 (organic full fat or unsweetened non-dairy milk)

### Directions:

1. Place water and next 9 ingredients through orange zest in a large pot over high heat and bring to a boil. Reduce heat and simmer uncovered for 20 minutes.
2. Add the tea bags and continue to simmer for an additional 15 minutes.
3. Remove the tea bags and strain tea through a fine mesh strainer to remove spices.
4. Place tea concentrate back into a pot on the stovetop where you had it simmering, but turn the heat off. Immediately add the honey while the tea is hot and stir until dissolved.
5. To make individual lattes, mix ½ cup chai tea concentrate with ½ cup of milk of choice. Heat tea and milk together or serve over ice for an iced latte.
6. Store leftover chia tea concentrate in an airtight container in the fridge for up to 7 days.

### Tips and Tricks:

I love to pair this tea with vanilla unsweetened almond milk – so delicious!

\*Cardamom and star anise are usually not stocked in a regular grocery store, but most natural food stores will carry them.

\*\*If using stevia, nutritional calculations are: sugar=0 grams and total carbohydrates 2.6 grams.

### Nutritional Information Per Serving:

*\*Calculated using unsweetened almond milk.*

**Calories:** 77.1  
**Fat:** 1.7 g  
**Cholesterol:** 0.0 mg  
**Sodium:** 190.9 mg  
**Total Carbohydrate:** 15.6 g  
**Dietary Fiber:** 0.8 g  
**Sugars:** 14.2 g\*\*  
**Protein:** 0.6 g