

Homemade Chai Tea

6 ingredients · 20 minutes · 4 servings



Directions

1. Combine all ingredients together in a large pot. Bring to a boil then reduce to a simmer. Let simmer for 15 minutes and then strain. Serve as is, or with almond milk and honey. Enjoy!

Ingredients

1.9 liters Water

5 servings Cinnamon Stick

14 grams Cardamom Seeds

17 grams Whole Cloves

7 grams Black Peppercorns

12 grams Ginger (peeled and thinly sliced)

Nutrition

Amount per serving

Calories	10	Fiber	8g
Fat	0g	Sugar	0g
Carbs	2g	Protein	0g

