

Spiced Chai Latte

1 Serving

- ¾ cup Water
- 1/8 Teaspoon (a generous pinch) Seven happy Seeds Chai Tea spice
- 2 Tetley Black & Green teabags or 1 heaped teaspoon of tea leaves - a 3:1 blend of black Orange Pekoe and Darjeeling Green tea leaves (available at Indian Groceries)

Note: This blend can be made in bulk and keeps in an airtight container for up to 3 months.

- ½ teaspoon crushed ginger root
- 2 teaspoons Agave nectar (or honey)
- 1/4 cup low fat milk or unflavored soy milk

1. Add water, milk, chai spice, grated ginger to a stainless steel pan and bring to a boil.
2. Add tea leaves, boil for 30 seconds, and turn off heat.

Note: if using teabags, put all ingredients in a tea mug and microwave for 2 minutes.

3. Cover and let tea leaves steep for 2 minutes

Note: steeping tea leaves for a shorter or longer time will make a weak or strong tea.

4. Pour tea into tea cups through a strainer to remove tea leaves.

Enjoy with a good book!!

