

# Chai Latte

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Serves 1

## Ingredients:

### Chai spice blend:

1 tsp cinnamon\*

1 tsp ginger \*

1/2 tsp each black pepper, cloves, & cardamom \*

\*use whole spices if available, but ground will work!

### Latte:

1 cup water

1 black tea bag or 1/2 tablespoon loose leaf black tea

1 tablespoon whole chai spice blend (2 teaspoons if ground)

1 teaspoon sugar or sweetener of choice

1/2 cup milk of choice



## Directions:

1. Add water, tea and spices to a saucepan and bring to a boil over high heat. Reduce heat to low and simmer for another 10-15 minutes to fully steep.
2. Remove from heat and add milk and sweetener of choice and stir. Warm for 2-3 minutes off the heat, and then strain into a mug or refrigerate up to 4 days and enjoy over ice.
3. Taste and adjust seasonings as needed.

## Nutrition Information per serving (made with 1% milk and cane sugar):

Calories: 70, carbohydrates: 11g, fat: 1g, saturated fat: 0g, cholesterol: 6mg, protein: 4g, total sugar: 10.54g, **added** sugar: 4g, sodium: 61mg

Adapted from <https://minimalistbaker.com/vegan-chai-latte/>