



Lynn demonstrates how to make homemade Chai Tea. This is a great drink for the cold winter months and very easy to make.

Ingredients:

- 1 cinnamon stick
- 6 whole green cardamom pods
- 6 whole cloves
- 1 (1-inch) piece ginger root, peeled and thinly sliced
- 4 whole black peppercorns
- 3 cups water
- 2 single-serve black tea bags or 1 tablespoon loose black tea
- 2 Tablespoons brown sugar
- 1 cup milk

Place cinnamon, cardamom, cloves, ginger, peppercorns and water into a small pot and bring to a boil. Cover, reduce heat and simmer for 5 minutes. Remove from heat and set aside to let steep for 10 minutes.

Return pot to heat and bring to a boil. Remove from heat, add tea, cover and set aside to let steep for 5 minutes. Strain through a fine mesh sieve, discarding solids, then return liquid to the pot. Stir in sugar and milk and heat over low heat for 1 minute. Pour into cups and serve. Garnish with cinnamon stick, if desired.

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