

CHAI LATTE



INGREDIENTS

- 4 whole cloves
- 2 cardamom pods
- ½ t cinnamon
- 3 cups water
- 1/4 teaspoon ground ginger
- 1/8 teaspoon fresh ground coriander
- 1/2 cup non-dairy milk, foamed
- 2 tablespoons honey
- 3 tablespoons rooibos tea or 3-4 tea bags





DIRECTIONS

- In a mortar, crush the cloves, cardamom pods and cinnamon, or use a coffee grinder. Transfer the crushed spices to a small saucepan, add the water, ginger and bring to a boil. Remove the pan from the heat, cover and let steep for 5 minutes. Add the sweetener to the pan and bring to a boil. Remove from the heat and add the tea. Cover and let steep for 3 minutes. Stir the chai, then strain it into a warmed teapot or directly into teacups. Top with foamed milk.

PS

I have had a mortar and pestle for many years, It really comes in handy when crushing cinnamon and cardamom. Cardamom has a sweet odor, warm nature and a distinctive taste rich in antioxidants. A study from 2018 showed its positive effects of lowering blood glucose, cholesterol and oxidative stress (inflammation). These are all good reasons to bring out the mortar and pestle.