



TEECCINO AMARETTO EXPRESSO



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

maple syrup is prepared from the sugary sap of the maple tree. The tree is tapped to harvest the sap, which is then boiled to make it into a syrup. The process of making syrup is a slow heating process and does not involve chemical additives, preservatives or agents. It is high in antioxidants and nutrients like riboflavin, zinc, magnesium, calcium and potassium.

Antioxidants neutralize the free radicals caused by oxidative damage which lowers the risk of certain diseases. It also has a lower glycemic index than sugar. It should be pure maple syrup. Not much is needed.