

Spiced Chai Black Tea

Culinary Medicine, Nutrition Services

Yields: 2 cups

Equipment: small pot, whisk, strainer

Ingredients

- 1 cup water
- 1 bag black tea
- 1 ea cinnamon stick
- 3 ea cardamom pod
- 1/2 inch ginger, unpeeled, sliced thinly
- 2 ea star anise
- 3 ea whole cloves
- 1/2 tsp whole black peppercorns
- 1 cup milk of choice

Instructions

1. In a small pot on medium heat, whisk water and spices. Bring to a simmer.
2. Reduce heat to low and simmer 10 minutes.
3. Add milk and bring to serving temperature.
4. Add sweetener to taste.
5. Strain into mugs. Use within 5 days.



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Why We Like This Recipe

This drink is a delicious alternative to coffee and features a variety of warming spices to switch up your routine.

Chef's Notes:

- Taste and adjust flavors and sweetness to your liking, you are in control!

Nutrition Notes:

- Cinnamon is a great source of antioxidants which can reduce inflammation. It also has antimicrobial properties.

Gardener's Notes:

- *Elettaria cardamomum* (Cardamom) the "Queen of Spices", in the ginger family, is a spice made from grinding the seeds and pods of the 6-12' tall plant that is native throughout tropical and subtropical Asia.
- This ancient spice is used in both savory and sweet dishes and baked goods and is also know for its medicinal properties.



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