



HOW TO PREPARE: CHAI MASALA

IT IS A FAMOUS BEVERAGE POSSESSING SIGNIFICANT AROMA AND HEALTH BENEFITS BESIDES BEING A SWEET BEVERAGE. THE PREPARATION OF CHAI TEA VARIES FROM PLACE TO PLACE DEPENDING ON THE SPICES ONE PREFERS. MASALA CHAI COMPRISES OF ALL THE ESSENTIAL SPICES THAT HAVE ANTI-INFLAMMATORY AND ANTI-MICROBIAL PROPERTIES AND IT ALSO HELPS BOOST IMMUNITY.

INGREDIENTS

- Water: 1 cup
- Milk: 1 cup (organic whole milk, almond milk, oat milk)
- Black tea/loose leaf: 1 ½ teaspoon
- Sweetener: 2-3 teaspoons maple syrup, honey, brown sugar
- 2 pinches nutmeg, ground
- Clove: 2-3
- Cardamom: 2
- Cinnamon: ½ stick
- Peppercorns: 3-4 (optional)
- Ginger: 2 slices or crushed
- Star Anise: 1 (optional)

HOW TO PREPARE

- Lightly crush cardamom, cinnamon, clove, ginger, star anise, and peppercorn
- Add in boiling water
- Add black tea/leaf and boil it for 2-3 minutes
- Add the milk and heat until hot but not boiling
- Bring it to simmer twice or more
- Turn off the heat
- Add sweetener
- Your Masala Chai is ready
- Serve hot or cold

You may vary the amounts of milk and sugar according to taste and dosha. Of course, increasing milk and / or sugar can provoke kapha, so take care. If you use caffeinated tea, the cardamom will help neutralize the effects of the caffeine. If you have severe cough and cold, increase the amount of ginger and pepper.

You can also make a powder mix of all the spices so it is easy to add every time you make the masala chai tea. Enjoy your drink!