

# *Falecia's Chai*

## Ingredients

- Loose-leaf black tea or green tea, or decaf, or a caffeine-free tea like rooibos
- Fresh ginger
- Cardamom pods
- Cinnamon sticks, broken in pieces
- Star anise
- Black peppercorn
- Fresh filtered water
- Coconut milk (the full-fat can of coconut milk) and/or almond milk and/or oat milk
- Raw honey or coconut sugar or maple syrup

## Preparation

- My ratio of water to milk is 1 cup : 1 cup; and my ratio of tea to liquid is 1 tablespoon : 1 cup liquid. Mix tea leaves and spices with water in a big pot and bring to a soft boil for three to five minutes until the tea is nice and dark... I prefer a stringer chai, but it can become bitter when steeped too long!
- Next, lower heat and whisk in your milk and honey and bring the tea back to a soft boil.

- Strain the chai per cup, leaving the remainder in the pot to heat and sip from all day. I like to add a used cardamom pod in each cup for added flavor. Dilute, strengthen or sweeten as the day goes on. Children will love a good decaffeinated version made with rooibos or herbal blends.