



WINTER CHAI TEA



Tags: [Fall](#), [Spring](#), [Vata](#), [Winter](#)

Prep Time: 5 Min

Cook Time: 18 Min

Serves: Makes 1 Gallon

Directions:

1. Fill a large pot with water and add all the spices. Bring to a boil and reduce to a simmer. Simmer 10-12 minutes (until your whole kitchen smells like chai!).
2. Turn off the heat and when the water is no longer boiling add the tea.
3. Let steep for about 5-8 minutes and strain into a large bowl with a mesh colander.
4. Transfer into a gallon-sized glass container. Store in refrigerator. Keeps well for about a week or



more.

To serve: combine chai with an equal part doshic appropriate milk. Sweeten to taste with honey or sucanat.

Ingredients:

- 1-gallon water
- 3 TBSP cut and sifted licorice root
- 3 TBSP dried ginger
- 1 TBSP whole cardamom pods or seeds
- 1 TBSP whole cloves
- 1 TBSP black peppercorns
- 3 cinnamon sticks
- 2 tsp. ground nutmeg
- 1/3 cup black tea

This is a warm winter delight! If you have more pitta in your constitution, add peppermint, reduce the cloves and black peppercorns. I purchase all my spices at our local health food store, natural grocers.