

Betty's Masala Chai Recipe

Servings: 4-5

Ingredients

- 1.5 tbsp green tea leaves (you can use green tea leaves from 3 green tea bags)
- 1 tbsp cardamom seeds
- 1.5 tsp coriander seeds
- 4 black peppercorns
- 1 tsp fresh grated nutmeg
- 1 -2 tsp fresh minced ginger
- 6-8 star anise seeds
- 2 small cinnamon sticks
- 4 cups of water
- Optional
 - Sweeteners to taste: coconut sugar, honey
 - Warmed cows or nut milk ¼ c per serving.

Instructions

- Place cardamom, coriander and cinnamon sticks in a mortar and pestle. Crush spices.
- Add all ingredients into a pot and bring to a boil then simmer on low heat for 15 minutes.
- Turn off the heat and let it cook for 3 minutes.
- Strain spices and then serve Masala Chai. May add warmed milk and sweetener.
- This is a great tea to drink to support your immune system. Omit the milk and may add small amount of sweetener.