

Warming Oat Milk Chai

Ingredients:

2 Cinnamon Sticks

½ Teaspoon All Spice

½ Teaspoon Whole Peppercorns

3 Cardamom Pods

5 Cups of Water

¼ Cup Honey

5-8 Whole Cloves

2 Whole Star Anise

1 Tablespoon minced fresh Ginger Root (or 1 tsp. ground)

2 Cups Oat Milk (or milk of choice)

Ground Nutmeg, for topping (optional)

5 Black Tea bags or non-caffeinated Rooibos tea

For more immune support add 1-2 Tablespoon of Astragalus root (optional)

Directions:

1. Crush or slightly grind peppercorns & cardamom until aromas start to release.
2. In a large saucepan bring water to a boil, add cardamom mixture, cinnamon sticks, all spice, cloves, star anise and ginger – simmer 5-8 minutes (according to taste). Remove from heat.
3. Add tea and steep (no more than 3 minutes for black tea, 4-6 minutes for rooibos tea)

4. In a small saucepan, heat milk, remove from heat and stir in vanilla and honey.
5. Strain the tea and spice mixture and stir into the hot milk mixture.
6. Add a sprinkle of cinnamon (if you want more) and sprinkle the top with nutmeg

Caution

Although drinking chai is generally known to be safe, using large amounts of stimulating herbs that increase blood circulation could present an issue for pregnant women. Use is low doses and it's always a good idea to check with your health care practitioner for advice.