



# Lifestyle Medicine

## Recipe: Chai Indian Spice Tea

### Ingredients:

- 2 cups of water, boiling
- 1 stick of cinnamon
- ½ inch fresh ginger, peeled and chopped fine
- 3-5 cardamom pods, crushed with mortar and pestle, skin on
- 2 teaspoons of tea leaves (or 2 teabags)
- Milk, honey and sugar optional

### Instructions:

- Boil water cinnamon, ginger and cardamom together for about two minutes to enhance flavor.
- Add 2 heaping teaspoons of tea leaves (or 2 teabags).
- Allow to boil until the water is dark to a consistency you like.
- Add 1 cup of milk (if using non-dairy, please avoid flax milk as that will curdle).
- Lower heat and allow to simmer for another 3-5 minutes until the tea appears to the darkness consistency you wish.
- Strain and serve adding 1 teaspoon of honey or sugar based on taste.



Recipe courtesy of:  
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