

Warm Masala Chai

Recipe Courtesy of *New Favorites for New Cooks*

Ingredients

- 1-inch piece of ginger
- 8 cardamom pods or ¼ teaspoon of ground cardamom
- 1 small cinnamon stick
- ½ teaspoon of black peppercorns
- ½ teaspoon fennel seeds (*optional*)
- ½ vanilla bean or 1 teaspoon of vanilla extract
- 2 ½ cups of whole milk
- ½ of water
- 1 tablespoon of honey
- 1 bag of decaffeinated black tea

Directions

1. Cut the ginger into thick slices - no need to peel it
2. In a large saucepan, combine the cardamom, cinnamon, peppercorns, and fennel seeds over low heat and warm until fragrant, 30-45 seconds.
3. Add milk, water, vanilla and sliced ginger to the saucepan, turn the heat to medium-high, and bring to a low boil. As soon as it begins to boil, turn the heat to medium-low and let it simmer gently for 2 minutes.
4. Stir in honey or sweetener of choice. Remove tag from the tea bag and drop the whole bag into the milk mixture. Turn off the heat and then cover. Allow tea to steep for 10 minutes.
5. Strain the chai through a fine-mesh sieve or strainer directly into mugs.
6. Serve and enjoy!