



Chai tea



Prep: 2 mins
Cook: 5 mins



Easy



Makes 2 cups



Ingredients

2 mugs milk (or use almond milk)

2 English Breakfast tea bags

6 cracked cardamom pods

½ cinnamon stick

a grating of fresh nutmeg

2 cloves

2-4 tsp light brown soft sugar

Method

Step 1

Heat the milk in a saucepan over a very low heat. Empty the contents of the tea bags into the pan, then add the cracked cardamom pods, cinnamon stick, nutmeg and cloves.

Step 2

Sweeten with light brown soft sugar to taste (chai tea should be sweet, but use less if you like), then leave to infuse, but not boil, for 10 mins. Strain into mugs and enjoy.