

SPICED CHAI

Note: If you substitute ground dried spices for the whole forms listed below, make sure to add them at the end and not during cooking. Otherwise they will spoil the chai's consistency.

4 green cardamom pods
3 cups water
4 whole cloves
2-3 bags decaf or regular black tea bags
1 cinnamon stick Stevia, optional
3 thin slices of ginger root
1 cup low-fat milk
4-6 whole black peppercorns

In large saucepan, place cardamom, cloves, cinnamon, ginger, peppercorns and water. Bring to boil. Reduce heat to low and simmer for 5 minutes. Turn off heat. Cover and steep for 15 minutes. Add milk. Bring to simmer being careful not to boil. Turn off heat. Add tea bags and steep for 2-5 minutes depending on strength of tea desired. Strain and serve hot with stevia to taste. Makes 4 servings.

Serving size: 1 cup

Calories 25
Carbohydrates 4gm
Fiber 0gm
Protein 2gm