

## HAVE SOME FUN - BLEND YOUR OWN SPICES

### Sample Recipe

Let's look at this sample recipe. Do you enjoy chai tea but always purchase a mix. Chai tea is a blend of black tea and warm spices, that might include cinnamon, cardamom, cloves, ginger, pepper, nutmeg, coriander and cumin. In the United States, milk is also added and can be served warm or cold.

A sample recipe includes:

- 5 cups water
- 2 Tablespoons black tea
- 3 cups almond milk or nonfat milk
- 1/3 cup honey
- 4 sticks cinnamon or 1/4 teaspoon ground cinnamon
- 5 whole cloves or 1/8 teaspoon ground cloves
- 6 whole green or black cardamom pods or 1/4 teaspoon ground cardamom.

Combine all ingredients in medium saucepan; bring to a boil; reduce heat; simmer uncovered 30 minutes. Strain. 8 servings

Note: Save some time; combine cinnamon, cloves, and cardamom. Change the amounts, adding more or less of the spices used according to your preferences. Now add your own favorite additional spices.

What about ginger, allspice, a touch of lemon or orange? After you like your creation, prepare a larger amount, store it in a tightly closed glass bottle, add the date, give it a name, and it's ready for that next cup of tea.