Quick Winter Warmer Chai

By Chef Jen Muzzi, RDN/LDN, RYT-200

Ingredients:
- 2 bags of black tea (Darjeeling or English Breakfast are preferred)
- ⅛ tsp ground cinnamon
- ⅛ tsp gr ginger
- ⅛ tsp gr allspice
- ⅛ tsp gr cardamom
- ⅛ tsp gr nutmeg
- ⅛ cup water
- 1 cup whole milk (or plant-based milk of choice)
- 1 cinnamon stick
- 1-2 Tbsp maple syrup (depending on sweetness level)
- 1 tsp vanilla extract
- Optional garnish: 1 cinnamon stick, whipped topping and/or fresh grated nutmeg. For a “zing” add a crank of fresh cracked black pepper.

Preparation:
1. In a coffee filter from a drip coffeemaker, open the tea bags into filter with spices. Tie up filter and ingredients with a tea bag string. Then in a small sauce pan add water, milk, cinnamon stick, maple syrup and vanilla. Bring to a simmer, but not a boil, on medium heat. Let tea steep for ~5 minutes. Portion out into 2 large mugs, discard wet cinnamon stick. Garnish as desired. Can cool mixture and store in a sealed container in the refrigerator for 1-2 days. Heat as needed.

*options: If using vanilla flavored milks, decrease vanilla extract to ¼ tsp

**For Chai “Latte”, decrease water to ¼ cup, omit cinnamon stick, heat in microwave with vanilla and maple syrup, then let tea mixture steep for 10 minutes. Froth milk in a separate container. Divide the tea “concentrate” and add milk as desired with froth on top. Garnish as desired.

**Dirty Chai Latte- omit tea, decrease water to ¼ cup, omit cinnamon stick, heat in microwave with vanilla and maple syrup, then let tea mixture steep for 10 minutes. Brew espresso and froth milk in a separate container. Divide the tea “concentrate”, add espresso and milk as desired with froth on top. Sprinkle with fresh cinnamon and garnish as desired.