

Iced Chai Tea

INGREDIENTS

4 ½ cup water	⅛ tsp ground cloves
8 Darjeeling tea bags	⅛ tsp ground ginger
⅛ tsp ground cinnamon	¾ cup 2% milk or milk of choice
⅛ tsp ground cardamom	2 tbsp granulated sugar



INSTRUCTIONS

1. Place water in a pot and add tea bags, cinnamon, cardamom, cloves and ginger.
2. Bring to a boil; cover and turn heat very low and simmer for 10 minutes.
3. Add the milk and sugar and bring to a simmer.
4. Pour through a fine strainer; chill and serve cold over ice.

Makes four servings

