



Chai Tea Latte

Servings: 3

Prep Time: 10min

Cook Time: 15min



Ingredients

- 2 cups (473 ml) of coconut milk
- 1 cup (175ml) of water
- 2 star anise
- 2 teaspoons of grated or finely chopped ginger
- 2 short crumble cinnamon sticks
- 7 cardamom pods heavily crushed
- 2 bags of black tea I used earl grey
- 3 sweetener packet sweetener splenda ,stevia
- 6 tablespoons of fat free whipped cream optional
- 1 whole nutmeg for topping optional

Directions

1. Crush star anise, cinnamon sticks, cardamom pods and chop ginger(for an intense ginger flavor you can mince the ginger , depending on your preference)
2. In a medium saucepan, add 2 cups of water together with the crushed spices (cinnamon, cardamom, ginger and star anise)
3. Bring the water to a boil, then let the spices simmer for 5-8 minutes.
4. Turn off the heat and then add tea bags and let it simmer for 2-3 minutes.
5. When the tea has reached it's desired strength add coconut milk. Bring to a boil and turn off heat.
6. Serve warm with grated nutmeg and whipped cream or let it cool and pour over ice.