

# Easy Chai Tea



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- 1 cup water
- 1/2 cup milk of choice
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cloves
- small pinch ground black pepper
- 1 black tea bag
- 1 tablespoon honey or maple syrup



In a small saucepan over medium heat combine the water, milk and spices. Whisk until the mixture comes to a simmer.

Add the tea bag, turn off the heat and cover the pan.

Allow to steep for 5 minutes before removing the tea bag and whisking in the sweetener. Pour the chai into a mug and enjoy!