

CHAI ROOIBOS TEA

Ingredients:

- 4 Cinnamon Sticks
- 16 Cloves
- 8 Cardamon Pods
- 6 Black Peppers
- 1 Star Anise
- 1 tsp Coriander Seed
- 1 tsp Ground Ginger
- 8 tbsp Rooibos Tea (just over ½ a cup)



Method:

- Grind together everything except the ginger and tea in a coffee grinder (mid-grind).
- Mix together with the ginger and the tea in a storage jar. ENJOY!

To make a cup of Chai Rooibos tea, put approximately 1 ½ teaspoons of the tea mix into a one cup tea-strainer and brew for 1-2 minutes.

Add milk and sugar to taste.

If you can't find loose leaf Rooibos, buy teabags instead and cut them open with scissors. The tea bags I buy have about ½ tbsp Rooibos per bag.

