

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Homemade Chai Tea Latte

From www.livesimply.me

Chai Tea:

2 cups water
2 black tea bags
2 whole cloves
1 tsp ground cinnamon
½ tsp ground ginger
½ tsp cardamom
½ tsp ground nutmeg
1/8 tsp ground allspice
2 TB pure maple syrup

Latte:

½ cup chai tea (recipe above)
¾ cup organic whole milk (or milk of choice)
1 TB pure maple syrup
Pinch of ground cinnamon

1. For the chai tea: In a medium-sized saucepan, bring the water and spices to a boil. Whisk the spices in the water. Once the water reaches a boil, turn off the heat and allow the spices to steep in the water for 5 minutes. After 5 minutes, turn the heat back on and add the black tea bag and maple syrup. Return to a slight boil (the goal is a hot liquid for steeping). Once boiling, turn off the heat. Allow the tea bags to steep in the water and spices for 5 minutes. Remove the tea bags and strain the tea through a fine mesh sieve. Reserve ½ cup of chai tea for the latte. Store the rest of the chai tea in the fridge up to two weeks for freshness.
2. For the latte: In a medium-size saucepan, bring the milk, maple syrup, and pinch of cinnamon to a slight boil (the sides of the milk will begin to bubble), stirring often. Once the sides of the milk begin to bubble, remove the pan from heat. Using an immersion blender (this is the trick to a frothy homemade latte), blend the milk until it's frothy. If you don't have an immersion blender, vigorously whisk the milk in the saucepan as the bubbles begin to form (while heating the milk). This method won't create the same froth or texture of the immersion blender method, but it will still create a tasty drink.
3. Pour ½ cup of chai tea in a mug. Slowly add the warm, frothy milk to the tea. Sprinkle the top of the chai latte with an extra pinch of cinnamon, if desired.
4. Serve warm.