



INGREDIENTS

- 2 tsp loose leaf Ceylon black tea
- 3 heaped TBSP sweetened condensed milk
- · 2 cups of water
- 1/2 tsp of ginger

- Add ginger and tea to simmering water, on medium high heat.
- When the water comes to a boil, close the lid, and turn the heat down to the lowest setting.
- Steep for 5 minutes in that setting.
- Into a small pitcher or frothing container, add condensed milk.
- Filter the tea into the pitcher
- · Stir.
- Aerate by transferring the contents into a mug and back or use an electric frother.
- Serve. Add sugar if necessary.



INGREDIENTS

- 2 tsp of loose leaf Assam Black
 Tea
- · 1 cup of water
- 1 cup of 2% milk or Oatly Full Fat oat-milk for a dairy-free option
- 1/2 tsp crushed fresh ginger
- 2-3 tsp of sugar
- 2 pods of green cardamom or 1/2 tsp of cardamom seeds
- 1/2 inch cinnamon stick
- 2 peppercorns
- 1 clove (optional)

- Crush fresh ginger, cardamom, cinnamon, peppercorns, and clove.
 Set aside.
- Add water. Set it to medium high heat
- When the water simmers, add tea and the crushed goodgood.
- When the water comes to a vigorous boil, add milk.
- Stir and let it simmer undisturbed with the lid open.
- Turn the heat to low when you see a rolling boil.
- Let it simmer for 30 seconds and turn the heat off.
- Add sugar.
- Filter.
- Aerate.
- Serve.

Decaf (Rooibos) Chai

serves 2

INGREDIENTS

- · 2 tsp of Rooibos Tea
- 1 cup of water
- 1 cup of 2% milk or Oatly Full Fat oat-milk for a dairy-free option
- 1/2 tsp crushed fresh ginger (optional)
- 2 -3 tsp of sugar
- 2 pods of green cardamom or 1/2 tsp of cardamom seeds
- 1/2 inch cinnamon stick
- 2 peppercorns
- 1 clove (optional)

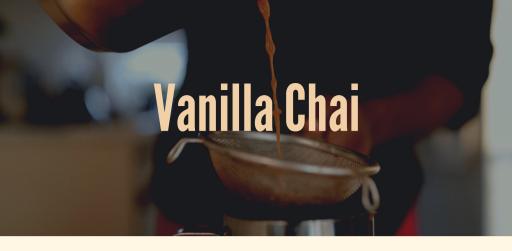
- Crush fresh ginger, cardamom, cinnamon, peppercorns, and clove.
 Set aside.
- Add water. Set it to medium high heat.
- When the water simmers, add tea and the crushed goodgood.
- When the water comes to a vigorous boil, add milk.
- Stir and let it simmer undisturbed with the lid open.
- Turn the heat off when you see a rolling boil.
- Add sugar.
- Filter.
- · Aerate.
- Serve.



INGREDIENTS

- · 2 tsp of Assam loose leaf tea
- 1 cup of water
- 1 cup of 2% milk or Oatly Full Fat oat-milk for a dairy-free option for a dairy-free option
- 2 -3 tsp of sugar
- · 6 strands of saffron

- Add water. Set it to medium high heat.
- · Add 3 saffron strands to the water.
- When the water simmers, add tea.
- When the water comes to a vigorous boil, add milk.
- Stir and let it simmer undisturbed with the lid open.
- Turn the heat off when you see a rolling boil.
- Add sugar.
- Filter.
- Aerate.
- Garnish the tea with the strands cups.



INGREDIENTS

- 2 tsp of loose leaf Assam Tea
- 1 cup of water
- 1 cup of 2% milk or Oatly Full Fat oat-milk for a dairy-free option
- 1/2 tsp crushed fresh ginger
- 1 tsp of vanilla extract
- 2-3 tsp of sugar
- 2 pods of green cardamom or 1/2 tsp of cardamom seeds
- 1/2 inch cinnamon stick
- 2 peppercorns
- 1 clove (optional)

- Crush fresh ginger, cardamom, cinnamon, peppercorns, and clove. Set aside.
- Add water. Set it to medium high heat
- When the water simmers, add tea and the crushed goodgood.
- When the water comes to a vigorous boil, add milk.
- Stir and let it simmer undisturbed with the lid open.
- Turn the heat off when you see a rolling boil
- · Stir in sugar and vanilla extract
- Filter.
- Aerate.
- Serve.

