

If you have the time, infuse whole spices and fill the air with a warm aroma when making **Green Tea Chai**.  
If you're in a hurry, use ground spices to whip up the **Turmeric and Cinnamon Masala Chai**.

## Green Tea Chai

MAKES 3 QUARTS • PREP TIME: 5 minutes • COOK TIME: 45 minutes

3 quarts filtered water  
1/3 cup sliced peeled fresh ginger  
3 tablespoons coriander seeds  
1 1/2 tablespoons cardamom pods  
4 cinnamon sticks  
5 whole cloves  
4 green tea bags

In a saucepan, combine 2 quarts of the water with the ginger, coriander, cardamom, cinnamon, and cloves and bring to a boil over high heat. Lower the heat to medium low, cover, and simmer for 45 minutes.

While the chai spice mixture is simmering, make the green tea. In a large saucepan, bring the remaining 4 cups of water to a boil over high heat, then add the tea bags. Steep for 6 minutes.

Remove the tea bags and discard them and strain the chai mixture through a fine-mesh sieve into the green tea. (Reserve the strained out spices; see the Cook's Note.)

**VARIATION:** To make a green tea chai latte, combine 1/2 cup of green chai tea with 1/2 cup of milk or non-dairy milk and 1 to 3 tablespoons of maple syrup and gently heat for 2 to 3 minutes (don't boil). Stir in 1 teaspoon of vanilla, then taste. Add more milk or sweetener if you like, and serve hot or cold.

**COOK'S NOTE:** Keep the spices that are strained out of the tea and use them to make another, smaller batch of tea. The spices will keep in the refrigerator for 4 to 5 days and in the freezer for a month. To make more tea, combine the spices and 6 cups of water and bring to a boil. Add 2 tablespoons of peeled fresh ginger slices. Simmer for 30 minutes, then strain the tea and discard the spices.

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## Turmeric and Cinnamon Masala Chai

MAKES 1 SERVING • PREP TIME: 5 minutes • COOK TIME: 10 minutes

1 ounce water  
8 ounces almond milk  
1/2 teaspoon turmeric  
1/4 teaspoon ground cinnamon  
1/2 tsp ground ginger  
Pinch of black pepper  
2 teaspoons Grade A Dark Amber maple syrup

In a small saucepan, combine the water, almond milk, turmeric, cinnamon, ginger, and pepper. Allow the chai to gently cook over medium low heat for 2 minutes, or until small bubbles start to appear. Cover, and simmer for another 3 minutes. Turn off the heat, stir in the maple syrup, and allow the chai to sit for 5 minutes, then pour into a cup.

Drink immediately.

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