
– Chai –

Chai is health-promoting, delicious, soothing, and a great coffee substitute. It is also a good digestive aid. The benefits of Chai would fill pages. In the science of yogic foods the spices used are said to have the following properties:

- ♦ **BLACK PEPPER:** blood purifier, digestive aid
- ♦ **CARDAMOM pods:** digestive aid
- ♦ **CLOVES:** beneficial to the nervous system, digestive aid
- ♦ **CINNAMON:** strengthens the bones, digestive aid, demulcent
- ♦ **GINGER ROOT:** healing for colds and flu, increases energy, digestive aid

Ingredients for Each Cup:

- 10 ounces of water (about 1 1/3 cups)
- 3 whole cloves
- 4 whole green cardamom pods, cracked
- 4 whole black peppercorns
- ½ stick cinnamon
- ¼ teaspoon black tea
- ½ cup whole cow's milk (soy, almond, or hemp milk are ok)
- 2 slices fresh ginger root

Directions

Bring the water to a boil and add the spices. Cover and boil 15 to 20 minutes, then add the black tea. Let sit for a few minutes, then add the milk and return to a boil. Avoid letting it boil over. When the chai reaches a boil, remove it immediately from the heat and strain. Sweeten with maple syrup, if desired, and enjoy.



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