



## **Rooibos chai tea**

Serves 4

*Recipe by Katelyn Williams*

### **Ingredients :**

8 cardamom pods

8 cloves

4 black peppercorns

2 cinnamon sticks

1 thumb-size piece fresh ginger, sliced

2 cups milk

4 rooibos tea bags

Selati sugar, or Sweetener, to taste

### **Methods :**

1. Place the cardamom, cloves, and peppercorns in a re-sealable plastic bag and crush with a heavy skillet.
2. Place the crushed spices in a medium saucepan, along with the cinnamon sticks, ginger, milk, and 2 cups water; bring to a boil. Remove from heat, add the tea bags, cover, and let steep for 10 minutes.
3. Strain into cups. Add Selati sugar or sweetener to taste.