



Rooibos coconut chai

Serves 2

Recipe by Katelyn Williams

Ingredients :

- 8 cardamom pods
- 8 cloves
- 4 black peppercorns
- 2 cinnamon sticks
- 1 thumb-size piece fresh ginger, sliced
- 1 cup milk
- 1 cup coconut milk
- 4 rooibos tea bags
- Selati sugar, or Sweetener, to taste

Methods :

Place the cardamom, cloves, and peppercorns in a resealable plastic bag and crush with a heavy skillet.

Place the crushed spices in a medium saucepan, along with the cinnamon sticks, ginger, milk, coconut milk and 2 cups water; bring to a boil. Remove from heat, add the tea bags, cover, and let steep for 10 minutes.

Strain into cups. Add Selati sugar or sweetener to taste.

*For a vegan or paleo-friendly version, replace all the milk with coconut milk.