Chai Tea Mix

Ingredients

MIX

4 Tbsp ground cinnamon

3 Tbsp ground ginger

4 1/2 tsp ground cardamom

1 Tbsp ground black pepper (reduce by half for less spice)

3/4 tsp ground nutmeg

3/4 tsp ground cloves

FOR SERVING optional

1-1 1/2 tsp chai mix

1 Tbsp maple syrup (or other sweetener to taste)

1 cup milk

Instructions

1. To make mix, add all spices to a small jar and shake or stir thoroughly to combine. Will keep at room temperature up to 3 months. Or you can store it in the refrigerator if you prefer.

2. To make a HOT chai latte, add suggested amount of Chai Mix, sweetener of choice, and 2 tsp water to a mug (or small blender). Use a spoon to mix spices into water (or skip this step if blending). Then add warmed milk of choice to your mug (or blender) and stir (or blend) to combine. The spice mix can settle to the bottom, but blending really helps! Keep a spoon handy to give it a stir when drinking if the spices need to be dispersed.

3. To make an ICED chai latte, add suggested amount of Chai Mix, sweetener of choice, and 2 tsp water to a serving glass. Use a spoon to mix into a loose paste (you want as few clumps as possible). Then add several big ice cubes and top with dairy-free milk of choice. Stir to combine.