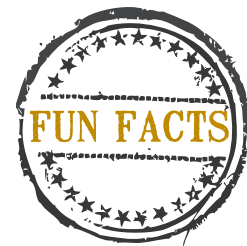


Tea is rich in antioxidants: it fights cancer, and boosts the immune system.



How to Make Chai

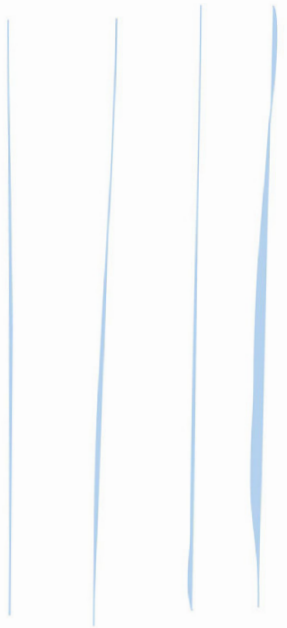
1. Grind your spices with a spice blender, or with a mortar and pestle.
2. Chop your herbs - mint leaves, orange peel, ginger and bay leaves. Use these fresh or dried.
3. Add a dessertspoon of spices, a dessertspoon of your favourite loose leaf black tea and 3 cups of water into a saucepan. Makes 4 cups of chai. Simmer for 5-10 minutes, depending upon how strong you like your tea.
4. Add a cup of milk and a dessertspoon of honey, or sugar (or even condensed milk), and simmer for 3 more minutes.
5. To serve, strain the milky sweet spice tea through a tea strainer into a cup. Serve with the delicious tea cookies on page 21.
6. These would also make wonderful gifts (for mother's day perhaps?). Print out the Chai envelopes on page 25 and fill with your spice tea mix. Don't forget to write the ingredients on the packet!



Chai is good for you

- × Tea is rich in antioxidants: it fights cancer, and boosts the immune system.
- × Cinnamon helps to heal wounds, reduce fever and relieve indigestion.
 - × Cloves invigorate the body and relieve colds.
 - × Ginger fights off colds, reduces fever and body aches.
- × Pepper stimulates the taste buds and improves digestion.
 - × Cardamom is said to stimulate the mind.

Chai



Chai

