

Chai Tea

Makes 4-6 servings

This tea is excellent for boosting the immune system and improving digestion. It may even help lower cholesterol and prevent kidney stones, Alzheimer's, heart disease, and even more!

If you don't have one (or even a few) of the ingredients, you can still make a tea with the ingredients you do have and it will be beneficial.

You can serve it hot or cold. Store it in a sealed container in the refrigerator.

- 6 cups of water
- 4-6 tea bags, either organic Green or organic White tea
- 4 sticks of Cinnamon (powder is ok if sticks are not available)
- 2 inch chunk of Ginger (powder is ok if fresh is not available)
- 2 inch chunk of Turmeric (powder is ok if fresh is not available)
- ½ tsp of peppercorns
- 1 tsp Fennel seeds
- 1 tsp Fenugreek seeds
- ½ tsp Cardamom
- 16 Cloves
- 6 Star Anise pods*

Put all ingredients except ginger and turmeric in a big pot and simmer on low for *at least* half an hour. You don't want it to be bubbling, just steaming.

Right before you are ready to serve it, grate or slice the ginger and turmeric and put in the pot for 5 minutes only. Heating them longer will reduce the benefits.

Strain and serve! You can add Monk Fruit or Stevia for sweetness, and some kind of organic creamer for taste, if you want.

Note: I recommend you get reusable, organic cotton tea bags, and put the grated ginger and turmeric in one of those. Then, after the 5 minutes, let the tea bag cool and manually squeeze all the juice out of them!

* Make sure that you are using Chinese star anise and not Japanese star anise. The Japanese version is inedible and actually poisonous if consumed by mouth.