

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 what 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 Green or White tea
- 4 sticks of Cinnamon
- 2 inch chunk of Ginger, sliced
- 2 inch chunk of Turmeric, sliced
- ½ tsp of peppercorns
- 1 tsp Fennel seeds
- 1 tsp Fenugreek seeds
- ½ tsp Cardamom
- 16 Cloves
- Optional: Monk Fruit or Stevia for sweetness

Put it in a big pot and simmer on low for several hours with the lid on. You don't want it to be bubbling. You just want it to be hot enough to release steam.