



## CAFFEINE FREE ROOIBOS CHAI

Vata ↓, Pitta ↓, Kapha ↓

**Makes:** 4 cups

**Prep Time:** 5 minutes

**Cook Time:** 15 to 30 minutes

### INGREDIENTS

- 2 cups water
- 2 cups organic whole milk\* (use almond or hemp milk for Kapha)
- 1 teaspoon hulled cardamom seed, whole
- 1/2 teaspoon fennel seed, whole
- 1/2 teaspoon coriander seed, whole
- 7 to 10 black peppercorns, whole
- 7 to 10 cloves, whole
- 3 tablespoons red rooibus tea
- Fresh ginger root (2 inch cube), finely chopped or grated\*\*
- 1/4 teaspoon turmeric powder
- 2 cinnamon sticks
- 4 teaspoons honey, divided

\*Milk can be replaced with almond milk, hemp milk, coconut milk or water

\*\*Fresh ginger can be replaced with 1 teaspoon of dry ginger

### DIRECTIONS

1. Place the water and milk in a medium sauce pan and heat to just below a boil.
2. Place the cardamom, fennel, coriander, black peppercorns, and cloves into a spice grinder and grind for 30 seconds or until a course powder is formed. A blender can be used if a spice grinder is not available.
3. Once the water and milk are hot, reduce the heat to low and add in the freshly ground spices, rooibus tea, ginger, turmeric, and cinnamon sticks. Simmer, mostly covered, for 15 to 30 minutes.
4. Strain into a tea pot or four individual cups, using a fine mesh strainer.
5. After the tea has cooled a bit, add 1 teaspoon of honey per 8 ounce cup.
6. 6. Share, sip, soothe, and enjoy!