



TULSI TURMERIC CHAI

Vata ↓, Pitta ↑, Kapha ↓

Makes: 4 cups

Cook Time: 20 minutes

INGREDIENTS

- 2 cups milk or milk substitute - see doshic variations for the best milk options per dosha
- 3 cups water
- 4 tablespoons tulsi leaf
- Freshly grated ginger (2" cube), substitute with 1 to 2 teaspoons ginger powder if needed
- 1 teaspoon turmeric powder (or freshly grated turmeric root - best!)
- 3 to 4 cinnamon sticks
- 15 to 20 whole black peppercorns
- 1 teaspoon cardamom seeds, whole
- 8 to 10 cloves, whole
- Honey

DIRECTIONS

1. Heat the milk and water in a medium sauce pan until it reaches just below a boiling point.
2. Reduce the heat to a simmer and add in the tulsi leaf, grated ginger, turmeric, black peppercorns, cinnamon sticks, cardamom seeds, and cloves. Stir well.
3. Cook covered on a low simmer for 15 to 20 minutes*, stirring every 5 minutes. Leave a small crack in the lid to allow a small amount of water to evaporate.

*A longer steep can be utilized if preferred, although more water should be added as needed. The final yield should be about 4 cups.

4. After the desired steep time is complete, strain out the herbs and spices.
5. Pour the strained chai into separate mugs and allow the beverage to cool a bit. Once the tea is at a drinkable temperature (ideally under 108 degrees) add 1 to 2 teaspoons of honey to each mug.
6. Sip and enjoy this tea as a morning or mid-day pick-me-up, or as a soothing treat before bed (it is great for both!).

OPTIONAL DOSHIC VARIATIONS

Vata:

This recipe is very beneficial for pacifying Vata dosha. The best milk options for Vata will be whole, organic cow milk or a homemade almond milk. If available the fresh ginger will be a better choice for Vata than the dry ginger.

Pitta:

Overall this recipe is considered heating due to the warming nature of most of the ingredients. However, the dairy will cool the recipe down and therefore if Pitta is in balance and it is the winter or fall season, Pitta types should be able to enjoy this healing beverage when using these modifications. Reduce the cinnamon to 2 sticks and the black peppercorns to 10 (or use 15 Pippali fruits instead!). The fresh ginger should be used instead of dry and the honey can be replaced with maple syrup. The best milk options for Pitta will be whole, organic cow milk, a homemade almond milk or homemade coconut milk.

Kapha:

This recipe is overall Kapha reducing due to the warm, spicy nature of the beverage. However, cow dairy can increase Kapha and therefore it will be best to avoid using cow milk. Instead Kapha types should use goat's milk, homemade almond milk, homemade hemp milk, or a homemade pumpkin seed milk. If this is still too heavy or congestive for your Kapha, please replace one cup of the milk with one cup of water (one cup milk, four cups water total). Dry ginger will be more beneficial than the fresh (although both will be suitable) and all the spices can be increased as desired to make an even spicier, Kapha-reducing chai.