



THE NEKTAR OF CHAI

Ok, I did not call it the nectar of the Gods. But here on earth it really comes close to it. Please do not confuse it with normal spiced tea, also called chai, but bad for your liver and mucus producing.

This Chai has a well-balanced mix of spices which undo the sometimes negative effects of cow's milk. As we have bio-dynamic milk here, the nutritional value of it is further enhanced by the spices, most wonderful gifts of nature.

INGREDIENTS

- // 2 cups of milk/soy milk
- // 2 cups of water
- // 1/2 cup chopped fresh ginger
- // 1/2 cinnamon stick
- // 1 Tsp cardamom seeds
- // 3 cloves
- // 1 pinch salt
- // 1 pinch of ground nutmeg
- // vanilla
- // saffron
- // a little turmeric
- // Earl Gray tea/green tea
- // lemon grass
- // bergamotte oil (if you do not use Earl Gray)

HOW TO PREPARE

Bring water together with spices to a boil, let it boil for a while, add milk, bring to a boil, add tea, let it sit for 1 to 3 min., strain and add honey (or Stevia) in the cup. Please do not heat honey with the chai as honey turns toxic when it is boiled or cooked or baked according to Ayurveda, the traditional Indian medicine.

Sweetening the chai will enhance the flavors, the salt gives it a rounder taste. It should be hot when you drink it, and it doesn't stay fresh much longer than one hour once you add the tea.



Always remember, enjoy your chai, enjoy your life!