

## Chai Latte



### Prep:

5 minutes

### Total:

20 minutes

### Makes:

2 servings

### Utensil:

1 Qt./9 L Sauce Pan with Cover

**Rate** ★★☆☆☆

### Recipe:

### Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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1 cup  
water  
(240  
mL)  
1 stick  
cinnamon  
4 whole  
cloves  
1/3 inch piece  
fresh ginger, sliced  
3 whole  
peppercorns  
1/3 teaspoon  
whole fennel seeds  
(1  
g)  
1/2 teaspoon  
nutmeg  
(1  
g)  
1/4 teaspoon  
whole cardamom  
(.5  
g)  
2 teaspoon  
rooibos tea  
1 cup  
vanilla rice milk  
(240

mL)  
1 - 3 teaspoons  
honey, to taste  
(7 - 21  
g)

**Directions:**

1. In covered sauce pan over low heat, simmer all of the spices in 1 cup pure water for 30 minutes.
  2. Add tea and milk, and cover. Increase heat to medium.
  3. When Vapo-Valve™ clicks, reduce heat to low and simmer for an additional 5 minutes.
  4. Remove from heat, cool slightly to comfortable drinking temperature and serve with honey to sweeten, or plain.
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