

## Homemade Masala Chai Tea

This recipe is the perfect cozy beverage to make to warm you up on a chilly day. It features several aromatic spices that are known for their ability to soothe digestion and reduce inflammation in the body.

**Makes:** 4 servings

### Ingredients

- 6 cups water
- 6-8 slices fresh ginger
- 1 cinnamon stick
- 2 teaspoons cardamom granules
- 2-3 star anise
- 8-10 peppercorns
- 8-10 whole cloves
- Honey
- 4 green or black tea bags
- Splash of milk or plant-milk

### Steps

1. Add water and spices to a medium pot. Bring water to a boil, then lower to a simmer and let spices steep in simmering water for about 15 minutes.
2. Turn off heat and strain spices.
3. Pour tea into individual cups with a tea bag in each cup.
4. Add honey and milk of your choice.

Storage tips: cool completely and keep in the refrigerator for up to 1 week. Reheat in the microwave or on the stove.