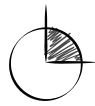


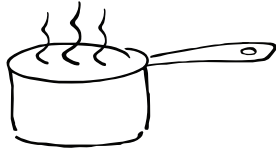
Chai Concentrate

Time: Under an hour
Servings: Plenty!

6 cups water
1/3 cup honey
Bring to a boil



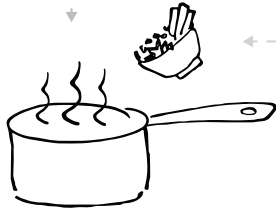
15 minutes



Prepare spices,
vanilla beans, and ginger



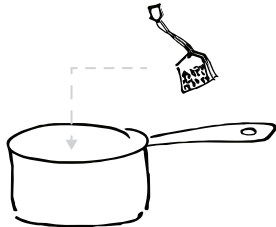
20 minutes



Add spices
Simmer for 20 minutes



10 minutes



Turn off heat
Add 5 tea bags
Steep for 10 minutes



5 minutes



Strain chai
Refrigerate
Celebrate!

Good for a couple
weeks in the fridge

Homemade Chai

6 cups water
1/3 cup honey
5 black tea bags
Milk of choice

THE SPICES

2 vanilla beans
2-3" fresh ginger, sliced
5 cinnamon sticks
2 teaspoons cardamom seeds
1 teaspoon peppercorns
3 star anise
15 cloves
5 allspice

DETAILS

Use any natural sweetener:
sucanat, rapadura, honey, etc.

Scrape the vanilla bean seeds
out of their pod or just chop up
the pods. Both seeds and pod
will be simmered.

Dried ginger will work too.

Using a mortar and pestle, gently
crack open the cardamom seeds.

DOUBLE THE RECIPE

Combine 12 cups of water and
2/3 cup honey. Use 10 tea bags
to steep. The quantities of
the rest of the ingredients
can stay the same!

LONG ENOUGH

Boiling is complete when the
liquid has reduced by one third.

6 cups => 4 cups

12 cups => 8 cups



50% Chai concentrate
50% Milk of choice
Enjoy hot or cold