

Chai Hot Chocolate

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2017/chai-hot-chocolate.html>

Ingredients

- 4 cardamom pods, cracked
- 1 (4-inch) piece cinnamon stick
- 4 whole cloves
- ¼ tsp. anise seed
- 2 - 4 (¼ -inch) slices fresh ginger, peeled
- 2 cups water
- 2 black tea bags
- 2 Tbsp. unsweetened natural cocoa powder
- ¼ tsp. vanilla extract
- 2 cups unsweetened almond or soymilk
- 3 Tbsp. agave syrup or honey, or to taste

Instructions

1. Place cardamom, cinnamon, cloves, anise seed and ginger in medium saucepan, add 2 cups water, and place over medium-high heat. When water simmers, cover and simmer over medium-low heat for 3 minutes. Remove from heat. Add tea bags, cover and steep for 4 minutes. Remove tea bags, cover, and steep brewed tea with spices for 20 minutes. Strain to remove spices, and return spiced tea to saucepan.
2. In small bowl, whisk cocoa with 1/4 cup of hot tea until dissolved, then add to tea. Mix in vanilla, and almond or soymilk. Heat chai over medium-high heat until steaming. Sweeten to taste then pour into mugs, or divide chai among 4 mugs and sweeten it to taste individually.

Makes 4 servings

Serving size: 1 cup

Nutrition information per serving

Calories: 120	Dietary Fiber: 1 g
Total Fat: 3.5 g	Sodium: 65 mg
Saturated Fat: 0 g	Protein: 4 g
Cholesterol:	Carbohydrates: 21 g