

CHAI SPICED TEA

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Beverages/ChaiTea.aspx>

Ingredients

- 2 cups water
- 4 tea bags, black tea
- 2 cups 2% milk
- 2 tablespoons honey
- 2 slices fresh ginger, cut into 1 ½ inch slices
- ½ Tsp ground cardamom
- ½ Tsp ground nutmeg
- ¼ Tsp ground cinnamon
- ¼ Tsp allspice

Instructions

1. In a saucepan, bring water to a boil. Add tea bags, reduce heat and simmer for 2 minutes. Remove tea bags.
2. Add remaining ingredients to tea and bring to a boil. Reduce heat and simmer for 5 minutes.
3. Strain and serve hot.

Makes 4 servings. Serving size: 1/4 of recipe (312 g)

Nutritional information per serving (4 servings)

Calories: 95

Calories from fat: 21

Total fat: 2g

Saturated fat: 1g

Cholesterol: 9 mg

Sodium: 67mg

Total carbohydrate: 15g

Dietary fiber: 0g

Sugars: 8g

Protein: 4g

Vitamin A: 4%

Vitamin C: 2%

Calcium: 15%

Iron: 0%

Percent Daily Values are based on a 2,000 calorie diet.

