

Chai Tea

Makes 4-6 servings

This tea is excellent for boosting the immune system and improving digestion. It may even help lower cholesterol and prevent kidney stones, Alzheimer's, heart disease, and even more!

If you don't have one (or even a few) of the ingredients, you can still make a tea with the ingredients you do have and it will be beneficial.

You can serve it hot or cold. Store it in a sealed container in the refrigerator.

- 6 cups of water
- 4-6 tea bags, either Green or White tea
- 4 sticks of Cinnamon
- 2 inch chunk of Ginger
- 2 inch chunk of Turmeric
- ½ tsp of peppercorns
- 1 tsp Fennel seeds
- 1 tsp Fenugreek seeds
- ½ tsp Cardamom
- 16 Cloves
- Optional: Monk Fruit or Stevia for sweetness

Put all ingredients except ginger and turmeric in a big pot and simmer on low for at least half an hour, but up to 3 hours with the lid on. You don't want it to be bubbling. You just want it to be hot enough to release steam.

Right before you are ready to serve it, grate the ginger and turmeric and put in the pot for 5 minutes only. Heating them longer will reduce the benefits. If you grate it finely enough and discard the fiber, you can leave the ginger and turmeric in the tea! Otherwise, you may have to use a fine strainer to get all the herbs and bits of ginger and turmeric out.

Note: I recommend you get reusable, organic cotton tea bags, and put the grated ginger and turmeric in one of those. Then, after the 5 minutes, let the tea bag cool and manually squeeze all the juice out of them!