

# Chai Immune Tea

In the winter, we drink this almost every day. It's not only delicious, but is antiviral, antifungal and antibacterial. You can have it hot or cold, with or without cream.

Please use organic ingredients! Our favorite spice brand is Simply Organic because it consistently tests lower in heavy metals than other brands.

Makes about 6 cups of tea

- 4 cups Spring or filtered water
- 12 cardamom (break open pods)
- 8 whole green or black peppercorns
- 8 whole cloves
- 4 cinnamon sticks
- ½ tsp fennel seed
- 4-inch piece of fresh ginger, peeled and thinly sliced
- 1 rounded Tbsp white or green tea
- 2 whole star anise
- ½ tsp fenugreek
- Heavy cream (optional)
- Pure monk fruit to taste (optional)

- 1) Bring water up to a boil, then reduce to low.
- 2) Add all ingredients except cream and tea leaves.
- 3) Simmer on low with lid for 45 minutes.
- 4) Turn off heat and add tea. Cover and let simmer for another 5 minutes.
- 5) Strain and either serve, or put in the refrigerator. Can store for up to 1 week.
- 6) You can sweeten with pure monk fruit and add cream to taste if you like.