

BLAKE'S EASY SPICED MILK CHAI RECIPE

INGREDIENTS

- 1 cup 2% milk
- 1 spiced chai teabag
- 1/2 tsp stevia

PREP TIME: 10 MINS

SERVES: 1

TIPS AND SUBSTITUTIONS

- Not sure what tea to use? Try Bigelow Spiced Chai. Or if you are coffee person that wants a little more kick, try Celestial Seasonings Spiced Espresso Chai. Or if you want something without the caffeine, try Celestial Seasonings Bengal Spice.
- Don't have stevia? Or just don't like it? Try it with your favorite sweetener (sugar, agave, honey, etc.).
- Want it creamier? Try it with whole milk.
- Want it less creamy? Try it with skim milk, or try 1/2 cup 2% milk plus 1/2 cup water.
- Need more spice? Try it with two teabags.
- Lactose intolerant, vegan, or just want to change it up a little? Try it with your favorite non-dairy milk alternative.
- Like whipped cream? Try adding a little whipped cream on top of your chai.
- Don't have a fine mesh strainer? Try a coffee filter.

DIRECTIONS

1. Add the milk to a saucepan and mix in the stevia.
2. Cut or tear open the teabag and pour the contents into the saucepan. Stir.
3. Heat the mixture on medium for 8 minutes. Stir every 60 seconds during the first 6 minutes of heating, and then increase stirring frequency to every 15-30 seconds during the last 2 minutes.
4. Remove from heat and let the mixture rest for 2 minutes. Stir every 60 seconds.
5. Filter through a fine mesh strainer into your favorite mug or cup.
6. Enjoy your spiced milk chai!

