

BIG MAGIC CHAI TEA LATTE

Bring 3 cups of water to boil.

Add:

3 Cinnamon sticks
1 to 2 inches of ginger, diced
1 teaspoon of cloves
1 teaspoon of whole black pepper
About 8 - 10 pods of cardamom, crushed.

Bring it all to a boil, let it simmer, covered, for about 10 minutes.

Add 2 black tea bags.

Optional: Throw in a vanilla pod in there at this time, as well.

More Optional: Throw a star anise in there, too. But be careful. Star anise will take over everything.

Simmer again for about 5 minutes.

In the bottom of the biggest mug you've got, put a tablespoon of honey, a teaspoon of turmeric powder, and a tablespoon of coconut oil.

Take a bit of the chai liquid, put in the mug, and whisk it until the honey, turmeric powder, and coconut oil are all blended.

(Alternatively, you can blend it all in a blender, but it works with a whisk nicely.)

Now fill your giant mug 3/4 of the way with hot strained chai liquid.

Heat up (or froth up) some milk or milk-like substance of your choice.

Top off the mug with the hot milk, and stir.

Sprinkle with cinnamon.

Drink it down, preferably while reading a good novel.

WILL CURE ALL*

Source: Elizabeth Gilbert