

# MAMA CHAI RECIPE

FOR USE WITH KID TEA TIME

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## **TO A MEDIUM SAUCEPAN:**

add 1/4 cup of chai tea leaves and 1/2 cup of water, then turn on heat over medium.



## **PUT IN THE EXTRAS:**

add 1/2 teaspoon freshly grated ginger and 1/4 teaspoon ground cardamom, then steep for 1-2 minutes.



## **ADD WHOLE MILK:**

Pour in 1 cup per adult and 1/2 cup per child, then steep for several minutes. add leaves as you go - one generous pinch at a time - until the tea is an almond/caramel color. (be careful not to boil!)



## **STRAIN!**

pour tea through a fine mesh strainer into a teapot and add brown sugar, honey, or agave syrup to sweeten.



**SERVE WITH TEACUPS, A NUTRITIOUS SNACK,  
AND YOUR FAVORITE BOOKS**

