THE LIGHTER PLATE METHOD

Spiced Chai with Cinnamon & Cardamom

Slowly steeped so the spices have time to bloom into the milk.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
3 min	**9 min**	**12 min**	**2**	**EASY**

Ingredients

- 2 black tea bags
- 400 ml semi-skimmed milk
- 6 cardamom pods (lightly crushed)
- 1 cinnamon stick
- 2 cm piece fresh root ginger (sliced)
- 4 cloves
- 2 tsp honey

Method

1. Put 200ml water, the cardamom, cinnamon, ginger and cloves in a small pan. Bring to the boil and simmer for 4 minutes.
2. Add the tea bags and simmer for 2 minutes more.
3. Pour in the milk and bring back to just below boiling, then take off the heat and leave for 2 minutes.
4. Strain into mugs and stir in the honey.

Tips & swaps

- Crush the cardamom pods with the flat of a knife before they go in; whole pods barely give up any flavour. Simmering the spices in water before the milk goes in draws out far more of them.

Storage & reheating

Best drunk fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
110	**6g**	**14g**	**4g**	**0g**

Estimated values, for guidance only. Contains: Milk.