



Arvinda's

premium spice blends for Indian cooking

MASALA CHAI

Spiced Black Tea with Milk & Sugar

Chai is perfect on a cold winter day or even when fighting a bad cold as the spices soothe and provide comfort for the throat. Chai is also decadent enough to be served as a dessert beverage after a meal.

(Serves 3-4)

Ingredients:

3 cups	cold filtered water
1 cup	milk (<i>preferably organic whole</i>)
1 tbsp	black loose leaf tea OR 2 black tea bags
1 tsp	Arvinda's Chai Masala
½ tsp	fresh ginger, grated (<i>optional</i>)
	sugar to taste

Method of Preparation:

In a medium pot, bring cold filtered water to a boil. Add loose leaf tea (or tea bags) and **Arvinda's Chai Masala** and boil for 3 more minutes.

Add milk and grated ginger (*ginger optional*).

Boil all the ingredients until tea becomes caramel in colour, approximately 3–4 minutes. Strain into a teapot or tea cups. Serve hot. Sweeten with sugar or any other sweetener of your choice.

Enjoy!