

# Living and Lovin Herbs Podcast

## **Rooibos Chai Tea**

Adapted from Mountain Rose Herbs

4 cups filtered water

1 cup coconut milk or favorite nut milk

2 tbsp organic red rooibos tea

2 tbsp. organic ginger root

2 tsp. organic white cardamom pods

1 organic sweet cinnamon stick

1/2 tsp. organic whole cloves

1/2 tsp. organic whole black peppercorns

Local raw honey to taste.

Combine all ingredients except sweetener in a large saucepan and slowly bring to a boil. Reduce heat to medium-low and simmer for an additional 20 minutes, stirring occasionally.

Strain through fine mesh strainer, sweeten to taste and serve hot.