

Chai Latte

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Makes 4 servings, 1 cup each. 1 FSP per serving

- 2 cups water
- 2 tea bags (plain black tea)
- 1 cinnamon stick
- 6 cardamom pods, crushed OR 1/4 tsp ground cardamom
- 1 whole clove
- 1/4 tsp ground ginger
- 2 1/2 cups unsweetened almond milk

1. In a small saucepan, combine first 6 ingredients. Bring to a boil. Reduce heat; cover and simmer for 5 minutes.
2. Stir in milk. Return to a boil; boil for 1 minute, then strain. Pour into mugs. Sweeten with desired sweetener (if using real sugar, be sure and add the points!). Top with some fat free redi whip and cinnamon (optional). Can be stored in refrigerator for 5 days.