

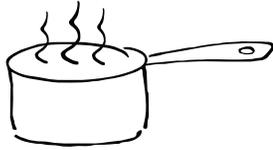
# Chai Concentrate

Time: Under an hour  
Servings: Plenty!

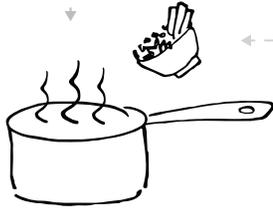
6 cups water  
1/3 cup honey  
Bring to a boil



15 minutes



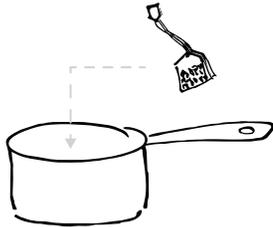
Prepare spices,  
vanilla beans, and ginger



Add spices  
Simmer for 20 minutes



20 minutes



Turn off heat  
Add 5 tea bags  
Steep for 10 minutes



10 minutes



Strain chai  
Refrigerate  
Celebrate!

Good for a couple  
weeks in the fridge



5 minutes

# Homemade Chai

6 cups water  
1/3 cup honey  
5 black tea bags  
Milk of choice

## THE SPICES

2 vanilla beans  
2-3" fresh ginger, sliced  
5 cinnamon sticks  
2 teaspoons cardamom seeds  
1 teaspoon peppercorns  
3 star anise  
15 cloves  
5 allspice

## DETAILS

Use any natural sweetener:  
sukanat, rapadura, honey, etc.

Scrape the vanilla bean seeds  
out of their pod or just chop up  
the pods. Both seeds and pod  
will be simmered.

Dried ginger will work too.

Using a mortar and pestle, gently  
crack open the cardamom seeds.

## DOUBLE THE RECIPE

Combine 12 cups of water and  
2/3 cup honey. Use 10 tea bags  
to steep. The quantities of  
the rest of the ingredients  
can stay the same!

## LONG ENOUGH

Boiling is complete when the  
liquid has reduced by one third.

6 cups => 4 cups

12 cups => 8 cups



50% Chai concentrate  
50% Milk of choice  
Enjoy hot or cold