Chai Recipes

**Homemade Chai Spice Recipe**
Chai spice recipes vary widely and can contain several different herbs in varying amounts. If you are lucky enough to have an spice store near you or can order on line, you may find whole spices. These are likely to be fresher. Just grind the proper amount in a spice grinder, a dedicated coffee bean grinder or with a mortar and pestle.

1 tsp ground cardamom  
2 tsp ground cinnamon  
1 tsp ground cloves  
3 tsp ground dried ginger dried or 1-2 large slices fresh ginger to simmer in dish  

Other possible spices to use  
- Black pepper  
- Fennel seeds  
- Nutmeg  
- Allspice  
- Vanilla

Place all dried, ground spices in air tight container and store in cool dark space. Should last a year.
Adapted from fitfoodfriends.com

**Chai Tea Concentrate**  
*Makes 1 1/2 cups, enough for 4 lattes*

*Ingredients*  
3 tablespoons sugar  
8 cardamom pods  
1 cinnamon stick, snapped in half  
1 slice ginger, peeled  
5 whole cloves  
4 whole black peppercorns  
2 black teabags  
1 tablespoon honey

Combine all ingredients except the honey in a pot. Add 2 cups of water and bring to a boil over medium-high heat. Lower slightly and let simmer for 5 minutes. Turn off the heat and let steep for 5 minutes. Remove the teabags, squeezing out any liquid from them. Let the spices steep for another 15 minutes. Strain, removing all the spices. Add the honey and stir in. Taste, adding more honey if you like.

Cool completely.

The concentrate is easily doubled and will last a while in the fridge.  

**Iced Chai Tea Latte**  
*Makes 1 drink*

*Ingredients*  
6 tablespoons Chai Tea Concentrate (recipe follows)  
1 cup milk of your choice*  
Ice

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*If you use sweetened almond, soy, or rice milk, you may need to play around to make the concentrate less sugary. This recipe was developed using 2% milk.

Pour both the Chai Tea Concentrate and the milk into a glass, stirring to combine them. Add a large handful of ice, and drink immediately.

You can make this into a hot drink for winter by warming the milk and chai concentrate slowly in a small saucepan until very hot. Serve in a mug.

**Chai Tea Smoothie**

*Note: The majority of the prep time listed is to allow the Chai Tea Concentrate to cool. This step can be done in advance.*

- **Prep Time:** 1 hour 5 mins
- **Cook Time:** 8 mins
- **Total Time:** 1 hour 13 minutes
- **Yield:** 4 servings

**INGREDIENTS**

**CHAI TEA CONCENTRATE**

- ¼ cup honey
- 1 cup water
- 1 teaspoon Chai Spice Mix (store bought or [click here tomorrow for our homemade recipe](http://www.afamilyfeast.com/chai-tea-smoothie/))
- 7 black tea bags

**ADDITIONAL SMOOTHIE INGREDIENTS**

- 3 cups ice cubes
- 2/3 cup milk
- ½ cup agave nectar
- 2 cups plain Greek yogurt
- 1 teaspoon vanilla extract

**INSTRUCTIONS**

1. Start by preparing the chai tea concentrate: In a small saucepan, heat honey and water until just boiling. Stir to dissolve honey.
2. Remove from heat and add Chai Spice Mix and teabags. Cover and allow to steep for 7 minutes. Remove teabags and pour mixture into a container and chill completely (about 1 hour). (This makes about 2/3 cup of concentrate.)
3. To make the smoothie, in a blender add prepared chai tea concentrate, ice cubes, milk, agave nectar, Greek yogurt and vanilla extract.
4. Blend on Smoothie setting (if your blender has one) for one cycle or until light and frothy and all ice has been incorporated (approximately 1 minute on high if using a manual setting).
5. Pour into glasses and serve immediately.


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Chai Oatmeal

Ingredients

- 1 1/2 cups 2% or whole milk
- 1/4 teaspoon salt
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground turmeric
- 2 teaspoons honey, plus more to taste
- 1/8 teaspoon vanilla extract, optional
- 3/4 cup regular (not quick-cooking) oats
- 2 tablespoons oat bran, optional

1. **Watch the video:** [How to Make Chai Oatmeal](http://www.health.com/health/recipe/0,,10000000522255,00.html)

2. Combine the milk, salt, and spices in a small saucepan, and bring to a simmer over medium heat. Simmer 5 minutes, stirring constantly; add the honey, vanilla (if desired), oats, and bran (if desired), and stir until combined. Cook over medium-low heat, stirring constantly, for 20 to 25 minutes, or until the oatmeal is thick and creamy. Serve hot with additional honey to taste.

This can also be prepared as overnight oatmeal.

Use quick cooking oats
Place all ingredients in mason jar.
Shake
Leave in refrigerator overnight.
Will be ready in the morning.
The texture is a little different than hot oatmeal put delicious and cool for summer.