Bubbie's Space

Herbs for the Body • Peace for the Soul
Live Well • Naturally • Everyday

Good Tea Happier People

Vanilla Nutmeg Chai

A warm, cozy blend of black tea, aromatic spices, creamy vanilla and nutmeg for the perfect fall treat!

Ingredients

Makes 4 servings.

- 4 cups water
- 4 black tea bags (or 4 teaspoons loose-leaf black tea)
- 2 cinnamon sticks
- 4–6 whole cloves
- 4–6 green cardamom pods, lightly crushed
- 1 tablespoon fresh ginger, sliced (or 1 teaspoon dried ginger)
- 1 teaspoon vanilla extract
- ¼ teaspoon ground nutmeg
- 2–3 tablespoons honey or maple syrup (to taste)
- 1 cup milk or your favorite non-dairy milk

Instructions

1. **Simmer the Spices**
   In a large saucepan, bring water, cinnamon sticks, cloves, cardamom pods, and ginger to a boil. Reduce heat and simmer for 10–15 minutes to release the flavors.



2. **Add the Tea**
   Add the black tea bags and simmer for another 5 minutes. Remove from heat and take out the tea bags.



3. **Add Milk, Vanilla & Nutmeg**
   Stir in the milk, vanilla extract, nutmeg, and honey or maple syrup. Heat gently over medium-low heat for 5 minutes. Do not boil.



4. **Strain and Serve**
   Remove the cinnamon sticks and strain the tea if desired. Pour into mugs and garnish with whipped cream and a sprinkle of nutmeg or cinnamon.



Optional Toppings

- Whipped cream
- A sprinkle of nutmeg or cinnamon
- A cinnamon stick
- A drizzle of honey or caramel

Bubbie's Tips

- Use fresh spices for the best flavor.
- Adjust the sweetness to your taste.
- Make it dairy-free with oat, almond or your favorite plant-based milk.
- For a stronger chai, steep the tea a little longer.
- Store leftovers in the refrigerator for up to 3 days. Reheat gently.
- This tea is perfect hot or iced!

Spiced Tea for Cozy Days and Happy Hearts!