



ChayaVeda Transformative Wellness Challenge

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Chaya's Chai Tea ↓V ↓K -P, or w/fresh ginger (optional): ↓V ↓K ↑P

Ingredients:

2/3 cup water

1+1/3 cup milk

½ teaspoon either black or ¾ red roiboos tea

¼ tsp Chaya's Traditional Chai Spice mix (or make your own, recipe below),

2-3 teaspoons turbinado sugar or jaggery to taste

Instructions:

Boil all the ingredients, simmer and strain. Chai is traditionally made with Indian black tea (available at Indian grocery as Red Label orange pekoe). You can vary the tea, substituting other black teas or make a more untraditional, caffeine free version with green, red or decaf black teas.

Variations: You may vary the amounts of milk and sugar according to taste and *dosha*. Increasing the milk and or sugar can provoke *Kapha*. If you use caffeinated tea, the cardamom will help neutralize the acidic effects of the caffeine for pitta.

Summer variation: add a splash of rose water for its cooling, *pitta* reducing effects and good taste.

Winter variation: add ½ teaspoon grated fresh ginger root to add more heat for *vata* and *kapha* reducing effects, reducing allergies and congestion and improving digestion and good taste.

Chai Spice Mix:

2 Tablespoons ground ginger

1 Tablespoon black pepper

½ teaspoon ground cloves

1 ½ Tablespoons cardamom

In a small bowl, mix together all of the ingredients and store in a glass jar.