

Homemade Chai Tea Concentrate

Serves 8

Adapted from a recipe from eat8020.com

6 cups water

8 black tea bags

½ an orange (and the zest from it)

20-30 cardamom seeds (or you could use 1 tsp ground cardamom)

10-12 whole cloves

1 cinnamon stick (I used two)

1-4" slice of fresh ginger, peeled and sliced

¼ c. brown sugar

2 T. honey

1 T. vanilla extract

In a large saucepan, bring the water to a boil. Remove from heat and add the tea bags, spices, and orange zest. Squeeze the juice from the orange into the pot and add the orange itself to the tea. Allow to steep for 20 minutes.

Whisk in the honey, sugar, and vanilla. Strain the contents of the pot into a container for storage. Keep concentrate refrigerated.

To prepare chai tea, fill your cup half full with chai tea concentrate and fill the other half with milk. Enjoy it hot or cold!