

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Favorite Chai



4 slices fresh organic Ginger root

2 organic Cinnamon sticks

8-10 whole organic Cloves

8-10 whole organic Cardamom pods

1/4 tsp. organic whole Black or White  
Peppercorns

Dash of homemade or organic Vanilla Extract

2 TBSP Black Tea (organic English Breakfast,  
Ceylon, or Assam) or, make a decaffeinated  
version by substituting Red or Honeybush Tea

Organic Honey to taste

2 cups water

2 cups organic milk or a milk substitute

Lightly crush Cinnamon sticks and Cardamom Pods. Bring 2 cups of water to a boil, and add all spices. Reduce the heat and allow to simmer for 5 minutes or longer, stirring occasionally. Add milk and allow it to heat up, then remove from the stove and add vanilla and honey. Strain and enjoy!