



# **BUSTLING BREAKFAST RECIPES**

*by Cynthia Lair*

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## **Spiced Chai Tea**

This drink is filled with many warming spices. It is wonderful on cold winter days. Children love it's sweet taste. Traditionally this tea is made with black tea. I have omitted it because most of us don't need the caffeine; children certainly do not.

**4 cups water**  
**10 whole cloves**  
**12 whole cardamom pods**  
**12 whole black peppercorns**  
**2 sticks of cinnamon**  
**4 slices fresh gingerroot, 1/4" thick**  
**1 cup soy, cow or goat milk**  
**Maple syrup or honey to taste**

Bring water, spices, and gingerroot to a boil in a pot. Lower heat and simmer 15-20 minutes. Add milk. If using cow or goat milk, bring to a boil again to increase digestibility. Turn heat off. Strain into cup and stir in sweetener.

**Makes 4 - 5 cups**