**Herbal Chai**

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Chai means tea!

In the West we have come to know it as a spiced tea.  Here is one of my favorite ways to make a “Chai”..this renders 4oz of tea.  For each cup, use about 1 teaspoon in 8-12 oz of liquid

1 oz Roasted Dandelion

1/2 oz Ashwaganda

1/2 oz Cinnamon

1/2 oz black pepper

1/2 oz Allspice

1/2 oz star anise

1/4 oz cardamom

1/4 oz cloves

Simmer 1 teaspoon per 8-12 oz for 15 minutes.  Add in cream or nondairy coconut cream to taste.  Sometimes I will add in a small amount of ghee as well to make it extra delicious.

As far as sweetening the tea I like to use honey or maple syrup to taste.  For low glycemic version, try stevia! Its nice to make this in a large batch for family gatherings and events.

The roasted dandelion offers a really nice flavor and all of the bitter aromatics help to encourage digestion.  The ashwaganda is a nice adaptogen to help get you through the holiday season.

Drink this to keep you warm and energized through cooler months.

You can order this from us in winter through our [Community Supported Herbal Shares](https://wildflowerherbschool.com/product-category/csh/)