



## Masala Chai

Blended from a rainbow of Indian spices, masala chai warms the heart, settles the spirit, and benefits wellbeing. Amanbagh's brew contains anti-inflammatory ginger, cardamom to aid digestion, cinnamon and antibacterial clove, combined with the natural caffeine and antioxidant boost of black tea.

1. Crush two cardamom pods, two black peppercorns and two cloves to create the spice blend.
2. Add 5g of fresh ginger to 300ml boiling water, boil for one minute, and then add there teaspoons of strong tea (*such as Assam*) and turn the heat down.
3. Add 150ml full-fat milk, boil on high for another minute then add the spice blend.
4. Boil for about one minute more until the mixture turns brown, then take it off the heat, filter the tea through a strainer, add sugar to taste, and serve.