

Indian Chai Tea

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-ginger-drink-recipe>

Ingredients:

- 1/2 cup water
- 1 tea bag black
- 1 teaspoon ginger grated
- 1 stick cinnamon
- 1/2 cup milk
- 1 cardamom seed ground
- honey /agave nectar, as much as you prefer

Nutrition:

1. Calories: 40 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 5 milligrams
4. Fat: 1 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. Sodium: 25 milligrams
8. Sugar: 5 grams

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