

Healthy Holiday Chai Tea Latte

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-chai-tea-latte-recipe>

Ingredients:

- 2 cups water
- 2 cups unsweetened vanilla almond milk
- 2 tablespoons honey
- 1 cinnamon stick
- 2 teaspoons ground nutmeg fresh
- 1 teaspoon madagascar vanilla extract pure
- 1 teaspoon ground cardamom
- 1 teaspoon spice pumpkin pie
- 4 teaspoons chai tea Crafter & Co. Organic Vanilla

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 18 grams
3. Fat: 29 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 26 grams
7. Sodium: 25 milligrams
8. Sugar: 13 grams

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