

Authentic Homemade Indian Chai

Yield: 4 min
Total Time: 6 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-milk-indian-recipe>

Ingredients:

- 8 ounces water
- 4 ounces whole milk
- granulated sugar to taste, about 2 heaped teaspoons per serving, traditionally
- 1 tablespoon black tea empty out tea bags to make a tablespoon if you don't buy loose leaves
- 4 cardamom pods smashed with side of a knife
- 1 piece cinnamon stick
- 1/4 inch fresh ginger coin of
- 1 pinch fennel seeds about 10 seeds

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 15 milligrams
9. Sugar: 6 grams

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