

# Vegan Indian Chai Tea. Masala Chai.

Yield: 4 min  
Total Time: 15 min

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

## Ingredients:

- 3/4 cup water
- 1 1/2 tablespoons raw sugar or other sweetener to taste
- 2 teaspoons tea chai patti/loose
- 1/2 teaspoon spice
- 1/4 teaspoon ground cardamom
- 1/8 teaspoon cinnamon
- 1 pinch ground clove
- 1 teaspoon fresh ginger minced/grated, some fresh gingers are too strong, so use to taste
- 1 1/4 cups almond breeze plain almond milk or oatmilk or soymilk other non dairy milk.

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 13 grams
3. Fat: 22 grams
4. Fiber: 6 grams
5. Protein: 10 grams
6. SaturatedFat: 2 grams
7. Sugar: 5 grams

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