

Homemade Chai Spice (Chai Masala)

Yield: 1 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/veg-recipe-of-india-chai>

Ingredients:

- 3 tablespoons ground ginger
- 2 tablespoons ground cinnamon
- 1 tablespoon ground allspice
- 1 tablespoon ground cardamom
- 1 tablespoon ground clove

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 51 grams
3. Fat: 5 grams
4. Fiber: 21 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 30 milligrams
8. Sugar: 1 grams

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