

Chai Latte

Yield: 1 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/goat-milk-greek-yogurt-recipe>

Ingredients:

- 1 tea bag chai
- 7 fluid ounces boiling water
- 1 fluid ounce goats milk
- 1 tablespoon white sugar
- 1 pinch ground cardamom

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 13 grams
3. Sodium: 10 milligrams
4. Sugar: 13 grams

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