

Chai Tea with Soya Milk

Makes 1 cup (250 milliliters)

This traditional beverage is usually made with cow's milk. In this recipe, we are using healthier alternative—soya milk.

1/3 cup (80 milliliters) water
2/3 cup (160 milliliters) soya milk
1 teaspoon (.5 gram) dry tea leaves
1/2 teaspoon (2.5 grams) chopped fresh ginger
1 cardamom pod
10-12 fresh mint leaves (if available)
sugar, to taste (optional)

Place all ingredients in a medium saucepan and bring slowly to a boil. When boiling, turn up the heat and swirl it around until it reaches the desired strength and the spices provide a kick. Strain it into a cup or small glass.

Variations: The soya milk can be replaced with almond milk, rice milk, or any other plant-based milk.

Per 1-cup serving:	5.8 g protein	97 mg sodium
91 calories	11.8 g carbohydrate	204 mg calcium
2.7 g fat	4.8 g sugar	1.7 mg iron
0.4 g saturated fat	1.8 g fiber	1 mg vitamin C
24.5% calories from fat		1 mcg beta-carotene
0 mg cholesterol		2.3 mg vitamin E

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