NATIVE

Warming Coconut Chai Tea.

A comforting blend of spices & creamy coconut milk that will warm your body & soul, perfect for the frosty winter days - keep the spice mix in the pot & refill with water & coconut milk to enjoy this soothing drink throughout the day.

☕ *4 cups.*

Ingredients.

- 1 tablespoon coconut oil
- 2 cardamom pods
- 1 cinnamon stick
- 2 whole black peppercorns
- 1 thumb-sized piece of fresh root ginger, grated
- pinch of chilli flakes or 1 dried chilli
- 1/2 vanilla pod
- 500 ml water
- 1 Rooibos tea bag
- 500 ml coconut milk (preferably Tetra Pak, which is consistently creamy & doesn't separate)
- 1 tablespoon maple syrup

Instructions.

- Start by heating the coconut oil in a medium saucepan, then add all the spices including the ginger, chilli & vanilla pod & gently heat for 5 minutes. Squash the cardamon pods first so that the seeds come out & you get their full flavour.

- Add the water & Rooibos tea bag, bring to the boil & boil for about 10 minutes.

- After 10 minutes, turn it down to a simmer & add the coconut milk. Make sure the liquid heats up but keep it just at a simmer — if it boils, the milk & water will separate & the chai won't look very nice.

- Once the mixture is warm, add your choice of sweetener.

- You can keep the spice mix in the pan & just keep refilling the pan with water & coconut milk to make more batches of tea throughout the day. If you are spending the day at home, pottering about, this is the perfect drink to keep you warm.

Cooking With Bettina's Kitchen.