

Chai Tea

1 cinnamon stick
6 cloves
2 good pinches of cardamon
3/4 cup skim milk or soy milk
6 teaspoons sugar
3 black tea bags

Bring 1 1/2 cups water to a boil and add the cinnamon stick, cloves, and cardamon. Boil for 5 minutes.

Add milk and sugar and return to simmer. Turn off heat and add tea bags. Steep for 2 min and remove tea bags. Serve immediately.