

## Sweet n Spicy Herbal Chai

*Servings per recipe: 1*

*Each serving counts as 1 Tbsp. milk*

You can also pour over ice cubes in a tall glass for a delicious iced chai tea.  
Keep a container of this tea in refrigerator to use for cooking or a quick cool pick me up iced tea.

### Ingredients

- 8-12 oz hot water
- 1 Spiced Chai tea bag
- 1 packet calorie free natural sweetener (Stevia or Xylitol)
- 1 Tbsp milk (only 1 serving a day)

### Directions

Place hot water in cup, steep tea for 5 minutes.

Discard tea bag.

Stir 1 packet of sweetener.

Add milk and stir.

Sip and savour.

