

Red Rooibos Chai

Health benefits of red rooibos tea include cure for nagging headaches, insomnia, asthma, eczema, bone strength, hypertension, allergy, aging and others. The tea is absolutely free from caffeine content and is also low in tannin. You can enjoy the relishing beverage all day long with no possible side effects. Drinking rooibos tea can further ease severe stomach cramps; bring relief to asthmatic and other similar conditions. It also boosts the immune system of human body.

½ tsp ground ginger

¼ tsp cinnamon

1/8 tsp nutmeg

1/8 tsp ground cloves

1/8 tsp ground cardamom

¼ cup warmed coconut milk (use full-fat Native Forest)

¾ cup hot brewed rooibos tea

A few drops of vanilla liquid stevia

- Add all spices to an 8 ounce tea cup. Pour in the warmed coconut milk making sure to dissolve any clumps.
- Add liquid stevia. Pour in the hot tea.
- Pour mixture back and forth from the cup to the pot a few times from about 2 feet high to develop the froth, a process known as "pulling in India, it is how they make Kerala coffee. Alternately you can whisk it with a mini whisk to create the froth.