



# *WONDERS OF WONDERFUL SPICES*

**Taste Enhancing**

**Adds & Improves Flavor**

**Preserving Food**

**Improves Digestibility**

**Health Benefits**

**Home Remedies**

## **GINGER CHAI (Ginger tea)**

### **Ingredients**

- 3 cups water
- 1 tsp. grated fresh ginger
- 5 teaspoons sugar or to taste
- 1 cup 2% milk
- 2 teaspoons loose tealeaves or 2 to 3 teabags

### **Method**

Place water to boil in a saucepan on high heat, add sugar and ginger and let it come to boil. Reduce heat and add tea leaves. Bring it to boil again, reduce heat to medium, add milk. Let tea boil for a minute or two. Cover the saucepan and remove it from the stove. Let the tea steep for a minute or two, strain tea in a teapot or remove the tea bags. Serve hot. Serving for four.

Neeta Saluja, Author of 'Six Spices'

