

Holiday Crock Pot Chai Tea Latte

A hot drink will stay warm in a crock pot with no fear of burning. It's perfect to serve for parties or just to have on hand for a wintry day at home (curled up with a good book, of course) and it adds a scrumptious odor to the house, to boot. Commercial chai tea has toxic ingredients, so this healthy version is a treat!

- **This makes a family size pot** (for smaller households, just divide the ingredients in half).
- Skip the cardamom if you don't have it or substitute half nutmeg and half cinnamon for the same amount of cardamom.
- **TIP:** Whisk in the spices *before* adding the tea. If using whole cloves, cinnamon sticks, or loose tea, pour through a tea strainer when filling mugs with the hot brew.

- **4 cups water** and **4 cups coconut milk**. (Or 8 cups any milk)
- **8 tea bags** OR 1/2 cup loose leaf tea. (I use naturally decaffeinated tea.)
- **4 packets stevia**, or to taste (or 4 tsp. sweetener)
- **1/2 tsp. powdered ginger**
- **6 cinnamon sticks** or **2 tsp. cinnamon**
- **8 -10 whole cloves** or **1/2 tsp clove powder**
- **1 tsp cardamom**
- **1 tsp vanilla extract**

1. Put milk and water in crock pot and turn to "high" setting. Stir.
2. Whisk in the spices, then add tea bags.
3. Cook on high for 2-2.5 hours or on low for up to 6. Stir occasionally.
4. Serve plain or topped with real whipped cream or coconut cream.

After it's done, keep it on the "warm" setting. If there's leftover, this tastes great over ice as well!