

Cannabis Chai Latte

COOK TIME: 15 mins

TOTAL TIME: 15 mins

SERVINGS: 2 servings

3 cups milk (dairy or dairy-free)

2 black tea bags

1 teaspoon ground cinnamon

½ teaspoon ground ginger

¼ teaspoon ground cloves

⅛ teaspoon ground cardamom

½ teaspoon vanilla extract

2 tablespoon maple syrup or honey
(cannabis-infused)



INSTRUCTIONS

1. Heat the milk in a small saucepan over medium heat. Once it begins to simmer, turn off the heat and add the tea bags. Let the tea steep for 4 to 5 minutes, then remove the tea bags with a slotted spoon.
2. Turn the heat back up to medium heat, and add the cinnamon, ginger, cloves, cardamom, vanilla, sweetener, and cannabis. Whisk everything together, until the chai tea is hot.
3. Pour mixture into mugs and if you'd like, top it with extra milk foam and a sprinkle of cinnamon

Substitutions: if you don't have ground cloves and cardamom you can swap in allspice for both of them.

Black Tea: You can use many varieties of black tea, from Darjeeling to English breakfast tea, as well as caffeinated or decaffeinated.

Sediment: Because this recipe uses ground spices, you'll get more sediment in the bottom of your mug. If you'd like to reduce that, you can strain the chai latte through a fine mesh sieve or cheesecloth as you're pouring it into a mug.

