



Chai Tea



2 cups water
1/8 teaspoon ground nutmeg
1/4 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon ground cloves
1/4 teaspoon ground cardamom

3 black tea bags
1/2 teaspoon vanilla extract
1/4 cup granular sugar substitute
1 Tablespoon honey
1 cup non-fat evaporated milk

Instructions: In a small saucepan or microwave-safe dish, bring water and spices to a boil. Add the tea bags and steep 3-4 minutes. Remove tea bags and stir in vanilla, sugar substitute, and honey. To serve, measure 2/3 cup tea mixture and 1/3 cup evaporated milk together into a mug. Heat in microwave for 1 minute.

Yield: 3 servings

Nutrition Facts (per serving): 100 calories, 0 grams fat, 100 milligrams sodium, 18 grams carbohydrate, 0 grams fiber, 6 grams protein