

National Chai Day

Directions: Try making your own iced chai latte.

Ingredients

- 4 teabags of chai
- 1 quart water
- 1/4 cup of honey
- Note: The best milk to use for iced chai lattes are: 2%, oat, hemp, whole, coconut, or
- 1/4 cup of water
- Milk of your choice



Directions

- Steep the tea
 - Combine the tea and water in a quart-sized jar. Cover and let steep for at least 4 hours. The tea will become stronger and more infused the longer it stands.
- Make the honey syrup
 - Combine the honey and water in a small glass container, then microwave for 30 seconds. Stir to dissolve the honey. Allow to cool, then cover and refrigerate until needed.
- Assemble the chai latte
 - Place a few ice cubes in a glass. Pour 1 to 3 teaspoons of honey syrup over the ice cubes. Fill the glass with iced chai and top with as much milk as you like.
 - Stir to combine and taste. Add more honey syrup or milk, if desired.