



The Quint**ESSENTIAL**
Local food guide for
a Good Gut Health

Masala Chai

The extremely popular flavored tea is made by blending black tea with a mixture of aromatic spices and herb that includes Cinnamon, Cardamom, Ginger, Clove and black pepper.

Health Benefits of Masala Chai:

Chai, a simple combination of cinnamon, cardamom, clove, ginger, and black pepper represents an easily integrated means of including many spices that have evidence of anti-inflammatory and antioxidant effects.

Kaczor T. Nat Med Journ. 2010;2(6)



Directions to make:

1. Crush ½ inch cinnamon, 2 to 3 green cardamoms, 2 cloves, 2-3 black peppercorns and 1 inch ginger in a mortar-pestle.
2. Boil 2 cups of water(500 ml) and add the crushed spices to the boiling water and boil for 5 mins.
3. Add 2 tablespoon of Tea and let it boil for 1 min.
4. Add 1/4 cup of milk and sugar as per taste.
5. Strain the tea and enjoy your cup of hot tea.