

Spiced Haven

CHAI ROOIBOS TEA LATTE

A cozy blend for quiet moments.

INGREDIENTS:

- 1 tsp loose leaf rooibos or 1 rooibos tea bag
- 1 cup (240 ml) water
- ½ tsp chai spice blend (or a mix of cinnamon, cardamom, cloves, ginger)
- ½ cup (120 ml) steamed milk (any variety)
- 1–2 tsp honey or maple syrup (to taste)

INSTRUCTIONS:

Simmer rooibos tea with chai spices in water for 5–7 minutes. Strain if needed. Add steamed milk and sweetener. Stir gently and serve warm.

PAIR WITH:

Spiced pumpkin muffins for a seasonal treat—or—chaiflavored cookies for a double dose of cozy spice.

