



## MY FAVORITE SPICE TEA

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This recipe is based on the “Masala Chai Tea” recipe that we got from my sister-in-law, Maia. She assembled the ingredients into several bags and gave them to us as a gift. What a brilliant idea! ☺

As a certified coffee addict, I didn't think much of it at first. Once I tasted it, though, my opinion completely changed. It's now an essential part of my relaxation routine. I never thought I could enjoy tea this much. © Nina Danao

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### Ingredients:

1 tbsp fennel seeds or 1 whole star anise	2-3 pcs bay leaves
7 pcs green cardamom pods	5 cups of water
3 pcs cloves	2 tbsps black tea (equivalent to 2 tea bags)
1 pc Cinnamon stick	
¼ inch slice of fresh ginger	
¼ tsp whole black pepper corns	

### Materials:

- 1 medium-sized saucepan
- 1 coffee filter or strainer

### Method:

1. Boil 5-6 cups water.
2. Add all the spices into boiling water and continue boiling for 5 minutes.
3. Turn off heat and add the tea leaves (or tea bags).
4. Steep for 2-3 minutes.
5. Strain and enjoy!

### Tips:

1. Don't wait too long to strain it the tea as some of the spices leave a bitter after taste.
2. The original recipe calls for milk, a few drops of vanilla and some honey. But I prefer kalamansi and sugar or honey.
3. If you're taking the tea to work, I suggest you use the star anise. Fennel seeds kinda smell like armpits. Haha! :)