**Chai Latte for 4**

4 tea bags (English Breakfast, orange pekoe or any black tea)

2 mL cinnamon

1 mL ground cloves

1 mL nutmeg

1 mL cardamom

1 piece (2.5 cm) fresh ginger, peeled and thinly sliced

500 mL boiling water

50 mL honey

500 mL milk, hot

5 mL vanilla

1. Place tea bags, cinnamon, cloves, nutmeg, cardamom and ginger in a large pot. Add boiling water. Stir gently. Let stand 15 minutes.
2. Meanwhile in a medium pot, begin to heat milk. Becareful not to scorch the milk (do not bring to a full boil).
3. Remove tea bags and ginger. Stir in honey, hot milk and vanilla. Pour into blender until frothy.
4. Pour into cups (can be topped with whipped cream and a sprinkle of cinnamon if desired)