

Sweet Masala

A mix of sweet spices that can be used for tea, curries and baking

Masala Chai

By itself, *chai* or *cha* is merely the generic word for "tea" in much of [South Asia](#) and many other parts of the world. However, for many English speakers who refer to ordinary tea as "tea", the word "chai" has come to imply "masala chai".

1 cup milk

1cup water

2 tsp sugar

¼ tsp sweet spices

1 tea bag/ tbs loose tea/rooibos

Intensify with fresh ginger or cardamom pod

Heat in a pot milk, water and sugar

When the ingredients reach a boiling point, switch off the heat and add tea and spices

Cover the lid and allow tea to infuse for a minute.

Strain the mixture into a hot tea pot or mug that has been rinsed in hot water

Add Sweet spices to:

Coffee

Apple crumble

Ice cream

Butternut soup

Pancakes