

Vanilla Bone Broth Chai

INGREDIENTS

- 1C [chicken broth](#)
- 3C water
- 3C oat milk (or milk of choice)
- 2 cinnamon sticks
- 2tsp black peppercorns
- 10 cloves
- 6 cardamom pods, cracked
- 2-3 1-inch slice of fresh ginger
- 1/2tsp vanilla extract
- 8 black tea bags
- 1/3C maple syrup

1. In a medium saucepan, add pepper, cinnamon cloves, and cardamom and lightly toast over medium/low heat until it becomes fragrant (about 2-3 minutes).
2. Add chicken broth and water to saucepan and allow to simmer for about 5-7 minutes.
3. Remove saucepan from heat and add tea bags. Allow tea to steep for about 10 minutes.
4. Meanwhile in another medium saucepan, add 3C oat milk and bring to a simmer.
5. Add maple syrup and stir until well combined.
6. Remove from heat and blend with [electric foamer](#).
7. Strain tea into mug, filling about 3/4 way full.
8. Fill remainder of the cup with oat milk and enjoy!