



Chai Tea Class – Healthy goodness, Prepared ahead, and Ready to Serve!



This is my all-time favorite, favorite, drink! I can drink it 12 months out of the year! Some might say I'm addicted to it. It's a double blessing in my opinion, because I love, love, the creamy taste of this warm comfort drink, but I am equally thrilled with the nutritional benefits in these spices that I'm adding to my health every time I enjoy it! This creamy warm goodness has NO artificial flavorings, NO additives, NO corn syrup solids, just warm, sweet, yummy, goodness to be **enjoyed fully!** ❤️

Here's what you'll learn in this class:

1. How to make up a large mason jar of this Chai Tea, that's ready-made, to just heat and serve any day of the week, and is easy for **on-the-go to replace your joe!**
2. I show you how to make the chai spice mix also, and we do that ahead, and store in small bags, so now it's quick to make a big jar of this creamy healthy goodness, easily, and effortlessly.
3. I heat up a cup and show you how I serve it and drink it. Yes, I just drink it in front of the camera cuz it's too good, not too! 😊
4. Lastly, but oh so importantly.... my Chai Tea has NO-Caffeine! Yay! So that means its good for EVERYONE...old & young, kids & teens, as well as those on special diets. It also can be made Dairy-free, and Sugar-free and oh my, you can't go wrong! I got ya covered with this fantastic, favorite, well-loved recipe.

Warmly,
Annette

Health Benefits for the 6 Spices

Clove – it's anti-bacterial, anti-fungal, insecticidal, & its loaded with antioxidants that fight diseases. Studies show, it can benefit mouth health, teeth, gums, bad breath, mouth bacteria. It's a spice that has a history of amazing uses and goes back to 1300's, where it's mentioned in history being used during the Black death and Bubonic plagues. Pretty important spice ole Cinnamon was in those death plagues. We also see it mentioned throughout Bible history as well. So, this common grocery store spice has been around a loooong time and used in many beneficial ways with serious disease and sickness through-out history!



Cardamom – Studies say it has, minerals potassium, calcium, iron and manganese. Research also references the pods are rich in vitamins including riboflavin, niacin and vitamin C. Studies include to say some amazing things about Cardamom, showing it can help treat cavities, may aid cancer treatment, may lower blood pressure, can help treat diabetes, and even supports the digestive system! Wow, that's a lot for studies to say about that simple spice! Don't take my word for it, read and learn about it, there are lots of studies on this one.

Allspice (whole) – Studies show Allspice can boost metabolism, can be helpful for menopause symptoms, its anti-fungal, anti-cancer, anti-inflammatory and anti-microbial! Wow, again that's a lot right there! Studies go on to say its good for upset stomach, digestion, blood sugar balance, also that it might slow blood clotting (so if on thinners use wisdom, consult your physician, learn more, and make healthy wise choices). It's also noted it can have a healthy useful laxative effect.

Coriander Seed – First let me share, that Coriander is the seed from the cilantro plant, so you'll discover that Coriander seed and Cilantro have much the same health properties. The whole seeds are rich in immune building antioxidants, may benefit brain, heart, & digestion. You can read studies saying this little seed can fight infection, that its a source of Vitamin E and Vitamin A, which is good for vision. So, so, many studies (available to easy find and read) on the humble Coriander Seed. So, add Coriander and or Cilantro to your dishes and teas and enjoy them!

Black Peppercorns – Studies show it's good for digestion, has metabolism boosting properties, is a source of manganese, iron, potassium, vitamin C, vitamin K. Some research suggests adding a pinch of Black Pepper to each meal to help digestion. Studies write it enhances circulation, keeps joints, and respiratory systems healthy. Research includes that the outer skin of the Peppercorn enhances metabolism. Do we even need more, well research continues with studies showing its useful for colds, flu, digestion, bloating and gas. You can also find a lot of information on its use to preserve meats in other countries, from food borne bacterias....(guessing because of its strong anti-bacterial properties). Yay, that's sure helpful to know!

Ceylon Cinnamon - First let me encourage you, take great care in choosing and understanding the kinds of cinnamon names out there!

These benefits mentioned here are in reference to, Ceylon cinnamon ONLY!

Other Cinnamons such as Cassia, Saigon, and Korintje are not the same, and actually in “my opinion” I feel those other Cinnamons have properties that are actually BAD for us. Those are not real Cinnamons! Yes, there is a big difference!

You can read more on Cinnamon by clicking the sources, so you understand fully about the differences about Cinnamons, and which you choose to use. My own research over the years on Cinnamon, has caused me to only use Ceylon. The source right below, is one of my reasons against the other Cinnamons, see quote below, and then I'll jump into **Ceylon's** benefits.



Quoted here: While Cassia Cinnamon is safe to eat in small to moderate amounts, eating too much may cause health problems because it contains high amounts of a compound called **coumarin**. Research has found that eating too much coumarin may harm your liver and increase the risk of cancer ([source](#)).

So often people don't know this about Cassia Cinnamon? Did you? Yet, it's so important!

Ceylon - Cinnamon benefits:

Studies show it's a tonic to the entire body, promotes sweating, increases blood circulation, can bring relief to muscle spasms, can help weak digestion, colic, diarrhea, and nausea. Cinnamon can also act as a relaxant, and be helpful for anxiety and stress. It has strong properties that are anti-bacterial and anti-fungal. It can be a uterine stimulant so again use wisdom where wisdom is needed. It is known like Cloves to be used greatly during the Death Plagues in history as well as you see it being used in today's Four Thieves mixtures!

Do take serious thought into what kind of Cinnamon you decide to buy and use, if you're going to be consuming it for your health, then choose wisely! 😊

Again, I'm not a doctor, I'm not a scientist, but studies show over and over that these spices (and many others) have a whole host of vitamin and minerals, as well as a powerhouse of health benefits. You can easily further your research about these spices, as in all my courses, because I always share resources for you to easily further your reading and learning. We can learn from these studies, that show all kinds of amazing healthy information, about these common everyday spices, that can be so beneficial to know! As well as the not-so-healthy things we need to know!

I'm sure you know by now, that I have concluded to believe this wholesome Spiced Chai Tea is downright good for me. And I'm glad, because I make it weekly, because I love the creamy taste sooo much!

If you really wanted to add caffeine to it, well you could easily add black or green tea to the recipe. I just choose not to.

*Yes, it's crazy world we live in, that such statements have to be added but ...
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Chai Tea Recipe

Tea Spice Mix for 1 baggy:

1 teaspoon whole Allspice

¼ teaspoon Black peppercorns

¼ teaspoon whole Cloves

½ teaspoon Coriander -scant

2 teaspoon Cardamom pods (not just seeds but I use whole pods here)

3 sticks Ceylon Cinnamon – (the 3-inch size)

* I use all organic spices when making mine.



Directions

For making 1 large, half gallon jar of Chai Tea (ready to drink)!

7 cups water, in med. pan

Add 1 baggy of tea spices (above)

First pound spices in baggy gently. You want to crack open all the spices & pods and to break cinnamon sticks, so it can release and steep all the goodness into your tea water and make it into a wonderful rich Chai concentrate.

- Simmer your spices for 5 minutes on low. Cover and **turn heat off**, and steep covered for 20 minutes. (I often steep covered, up to an hour).

- Strain the tea into ½ gallon or larger jar - (discard spices in garden)

Now to the strained rich dark Tea, add in below.

Add in:

5 cups almond milk (or your preferred choice of milk, nut milk, or coconut milk, all work great!)

1 Tablespoon of honey - if desired for part of your sweetener, along with 1 dropper of liquid Stevia.

or for sugar-free option: I use 2 droppers of plain liquid stevia, and no honey.

Taste and adjust sweetness to your liking.

Now just heat up one cup at a time and enjoy warm!

Store ready made Chai Tea in refrigerator.

Note, you can drink it without any sweetener and without any milk and drink it just as a spiced yummy clear tea, I have a dear friend who loves it this way.

However you choose to enjoy it, this recipe is well loved!

Note: Monk fruit as a liquid or powder also works well in this tea recipe. Pretty much any sweetener of your choice, I've found turns out great Chai Tea. So, use whatever your favorite go-to sweetener is.

That's it! Done!

Now you have over a half gallon, prepared ready to serve, Chai Tea with no artificial flavorings, no additives, no corn syrup, no caffeine, just warm goodness.

Store in the refrigerator, then just heat up a cup and enjoy!

Lasts a week in refrigerator

(if you can keep it around that long....not here!)

Optional: When I take it on-the-go and don't have time for breakfast, I add 1 scoop of vanilla or chocolate protein powder, (see on Resource list) along with 1 scoop of plain collagen powder.

Sometimes I even Vitamix this hot tea with those powders,

for a super creamy foamy wonderful Latte drink!

Top with a shake of Cinnamon or cacao powder if desired, as pictured.....its heavenly!



Tip: Yes, you can add your protein powder and collagen powder to the jar of finished Chai Tea as well.

I do this often when I make mine! Then its added into the whole jar ahead and it makes it so so simple to heat and enjoy with very little mess. Just give your jar a shake, before pouring some out to heat up.

Yep, you can even add a dash of MTC oil to your creamy morning goodness! Oh my!

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Resources

I'm sharing my favorite brands of spices and supplies I use.

1. Spices

(these are also on the Master Resource List)

Ceylon cinnamon sticks 1# bulk

Organic whole cloves

Organic black peppercorns

Coriander seeds

Organic cardamom pods (when its labeled seed, you're getting just the black inside, not the whole pod)



2. Other items

See the [Master Resource List](#) for my favorite protein powder, collagen and other great resources I love and use for chai tea! Even a discount on the wonderful Ergo Spout!❤️

3. Resources for further learning:

1. [Top 6 Cinnamon Tea Benefits + How to Make It](#)
2. [More information on Cinnamon](#)

You may have noticed, I tend to favor Dr. Axe from Ancient Nutrition's site, for TRUSTED information, well your right, because he is one of the few sites that I feel is trustworthy enough to reference and send someone I care about too. Like you!

He is a licensed doctor, and my goal is to make it easy for you to learn more about health. It's very hard to find sources that I feel comfortable giving out to others. I don't want others to get tripped up with false teaching. I avoid soy, I avoid GMO foods, and he is of that same mind, not saying I agree with 100% everything he's ever published, but he is of the same mind to many things important to me.

I take it seriously, when I am giving you a source for further reading. 😊

Educate yourself, learn over time about things, start slow, YOU GOT THIS! Does saying all this mean I never eat sugar, Haaaa, remember I too am on the same journeythe journey to better food, more nutrition, and to doing the best I can, with the means and the knowledge that I have. Just like you :)

But Let's Enjoy healthy wholesome cups of creamy Chai Tea!

You might also like:

1. Watch ["Everything I Keep in a Shaker Bottle"](#) video on YouTube (link below)
2. Watch [Warm cinnamon apple oatmeal](#) video on YouTubealso with make-ahead packets!
3. See [Creamy filled Devil Eggs](#) - I inspire you to shake in the goodness!
4. For [freezer Organizing](#) go here! Get my Free freezer organizing chart!

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And as always keep shaking on the nutritional goodness!



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I am not a doctor, but a studied and researched wife, mom & grandma who is passionate about herbs and all things health and nourishing for our families. I love to encourage others on this health journey, and I understand we are all in a different part of the journey. Disclaimer: Any information or products discussed are not intended to diagnose, cure, treat, prevent disease or illness. I am not a doctor. This is for general information purposes only. Any medical questions should be directed to your holistic physician. Please do your research, make wise choices and do what's best for your family. By using Itsadelight.com you agree to take safety precautions when performing any activities, follow label directions, use judgement and keep all needed activity under adult supervision. Itsadelight disclaims liability for any/all damages, mishaps, or injury, that may occur from any activities in/with itsadelight.com. We will not be held liable for any losses or responsible for any property or medical damages, caused by items you read, made or used, from our website, videos, and material taught throughout Itsadelight.com



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