



CHAI TEA RECIPE

ROUGHLY 1 SERVING

FOOD CO-OP

812 W. MADISON ST. OAK PARK, IL

INGREDIENTS

1 tsp grated ginger or 1/4 T ginger powder

1/2 cinnamon stick

2 cloves

2 cardamom pods

1 peel from an orange

1/2 tsp fennel seed

2 star anise

1/8 tsp black peppercorn

1 cup water

1 black tea sachet or

1 tbs of loose leaf of your choice:



DIRECTIONS

- Use mortar and pestle or rolling pin and dish towel to crack seeds and break spices to allow them to release their flavor more easily. No need to crush them too fine
- Place herbs and water in pot, bring to boil
- Cover and let simmer 10 minutes
- Add 1/2 cup milk (your choice dairy/non dairy),
- Cover and simmer another 10 minutes
- Strain herbs
- Add honey to taste

Darjeeling, Assam, Irish Breakfast Black,
Ceylon. Caffeine Free option: Rooibos Red Tea



Food as Medicine with Dr. Cass



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Dr. Taryn Cass, ND is a Naturopathic Doctor practicing at Serenity Holistic Health in Oak Park. She specializes in helping patients identify and correct the root cause of illness to allow for true, holistic health. One of her modalities of choice is using functional foods to create the conditions for health. Chai is beneficial to consume during cold and flu season as it is very warming, high in antioxidants, supports the immune system, and encourages healthy digestion.

Ginger: anti-inflammatory, antioxidant, digestive system stimulant, relieves gas, protects the liver, and increases circulation.

Cinnamon: smooth muscle relaxant, can be used in hypertension, menstrual cramps, and GI distress. A warming herb that is anti-bacterial, anti-viral, and anti-fungal.

Clove: topical anesthetic, relieves gas, and freshens breath.

Cardamom: antioxidant, anti-inflammatory, relieves digestive discomfort, liver protective, and prevents cavities.

Orange peel: high in Vitamin C (and many other vitamins), contains polyphenols, supports the immune system.

Fennel Seed: anti-inflammatory, relaxes the digestive system, and increases breast milk supply.

Star Anise: anti-viral, anti-bacterial, anti-fungal, and anti-inflammatory.

Black Peppercorn: stimulates the digestive system and relieves gas.

