

## Creamy Chia Tea

4 whole cloves  
8 whole peppercorns  
¼ t cardamom pods  
¼ t coriander seeds  
½ t whole allspice  
3 inch cinnamon stick  
4 cups water  
2 cups milk  
1 T vanilla  
½ - 1 c honey

Bring cinnamon stick and 4 cups of water to a boil. Crush all spices (I use a mortar & pestle). Add spices to water, cover and remove from heat, let steep 6-7 minutes. Strain into an 8 cup canning jar. Add enough honey for your preferred sweetness. I like mine a little sweeter than some. Stir and it will dissolve quickly. Warm the milk and vanilla and add the tea. I even put the cinnamon stick back in. Trent fills a cup and covers it with whip cream and sprinkle of allspice. Tip: All of these spices are great for digestion and when you make it homemade you don't get all the preservatives. I keep little baggies of all the spices together so you can make quickly. Keep any leftovers and just reheat the next day.