



Chai Tea Mix



Vegetarian



Gluten Free



Low Fod Map

READY IN



14 min.

SERVINGS



14

CALORIES



164 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon ground allspice
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.8 teaspoon ground cloves
- ☐ 2.5 teaspoons ground ginger
- ☐ 1 teaspoon nutmeg
- ☐ 1 cup non-dairy creamer like mimiccreme
- ☐ 1 cup non-dairy creamer like mimiccreme french vanilla-flavored

- ☐ 1 cup skim milk powder dry
- ☐ 1.5 cups sugar
- ☐ 1.5 cups freshly tea unsweetened instant

Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Combine spices and tea in a food processor or blender. Blend 1 to 2 minutes or until mixture becomes a fine powder.
- ☐ Pour into a large bowl.
- ☐ Add sugar to food processor or blender (without cleaning it), and process until superfine, about 30 seconds.
- ☐ Add sugar to bowl of spices. Stir in milk powder and creamers; blend well. Spoon mix into gift jars, if desired.
- ☐ To serve, stir 2 heaping Tbsp. Chai Tea
- ☐ Mix into a mug of hot milk or boiling water.
- ☐ Chocolate Chai
- ☐ Add 1/2 cup unsweetened cocoa along with dry milk powder to the blend above. Follow serving directions above. (We recommend milk here.)
- ☐ Chai Shake: Blend 1/4 cup Chai Tea
- ☐ Mix, 1 cup milk, and 3 1/2 cups vanilla ice cream in a blender.
- ☐ Add 1/4 cup finely chopped premium white chocolate (such as Lindt or Ghirardelli) to 1 cup Chai Tea
- ☐ Mix. Stir well. Follow serving directions above with 2 heaping Tbsp. per cup of hot milk or boiling water.

Nutrition Facts



 **PROTEIN 8.32%**  **FAT 19.43%**  **CARBS 72.25%**

Properties

Glycemic Index:13.72, Glycemic Load:15.01, Inflammation Score:-3, Nutrition Score:4.1373913495437%

Flavonoids

Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epicatechin 3-gallate: 1.48mg, Epicatechin 3-gallate: 1.48mg, Epicatechin 3-gallate: 1.48mg, Epicatechin 3-gallate: 1.48mg Epigallocatechin 3-gallate: 2.37mg, Epigallocatechin 3-gallate: 2.37mg, Epigallocatechin 3-gallate: 2.37mg, Epigallocatechin 3-gallate: 2.37mg Theaflavin: 0.4mg, Theaflavin: 0.4mg, Theaflavin: 0.4mg, Theaflavin: 0.4mg Thearubigins: 20.56mg, Thearubigins: 20.56mg, Thearubigins: 20.56mg, Thearubigins: 20.56mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg Theaflavin-3,3'-digallate: 0.44mg, Theaflavin-3,3'-digallate: 0.44mg, Theaflavin-3,3'-digallate: 0.44mg, Theaflavin-3,3'-digallate: 0.44mg Theaflavin-3'-gallate: 0.38mg, Theaflavin-3'-gallate: 0.38mg, Theaflavin-3'-gallate: 0.38mg, Theaflavin-3'-gallate: 0.38mg Gallocatechin: 0.32mg, Gallocatechin: 0.32mg, Gallocatechin: 0.32mg, Gallocatechin: 0.32mg

Nutrients (% of daily need)

Calories: 163.91kcal (8.2%), Fat: 3.65g (5.62%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 30.24g (11%), Sugar: 29.81g (33.13%), Cholesterol: 1.71mg (0.57%), Sodium: 70.37mg (3.06%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Caffeine: 5.06mg (1.69%), Protein: 3.52g (7.04%), Manganese: 0.31mg (15.43%), Calcium: 116.77mg (11.68%), Phosphorus: 106.64mg (10.66%), Vitamin B2: 0.14mg (8.34%), Potassium: 238.68mg (6.82%), Vitamin D: 0.94µg (6.29%), Vitamin B12: 0.35µg (5.76%), Selenium: 3.07µg (4.39%), Vitamin A: 194.34IU (3.89%), Vitamin B5: 0.31mg (3.13%), Magnesium: 11.98mg (2.99%), Zinc: 0.39mg (2.6%), Vitamin B1: 0.04mg (2.45%), Vitamin E: 0.29mg (1.96%), Vitamin B6: 0.03mg (1.74%), Folate: 5.81µg (1.45%), Fiber: 0.32g (1.27%), Vitamin K: 1.23µg (1.17%), Iron: 0.18mg (1.01%)