



Your New Vitality

Holistic health from a biblical perspective



Lazy Housewife Chai Tea Latte

* **Type:** THM FP Type

* **Prep Time:** 15 minutes

***Yield:** 1 qt. concentrate
8- 1/2c. servings

Instructions:

1. Boil 2 c. water
2. Pour over 8 Celestial Seasonings Bengal Spice tea bags
3. Steep for 10 minutes
4. Remove tea bags, squeezing out all excess liquid. Fill jar with cold water.
5. Sweeten with 1/2 c. glycerin or 6 T. stevia blend (will be VERY sweet)
6. Pour 1/2 c. of this "chai concentrate" into a 1 qt. jar, add 1/2 c. coconut or almond milk.
7. Fill to top with water
8. Add ice for a cold latte, or heat it up and serve in a mug if you want a hot drink

Voila!

Now you can have a healthy, sugar-free chai anytime for only pennies vs. a fortune at Starbucks!



L'chaim-- To Life!

Julie Formby

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Nutritional Consultant
Iridologist
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TWO LOCATIONS:

Loveland:
1405 Gloria Ct.

Windsor:
PI-YO-CO Health &
Beauty Services
655 Academy Ct.
Suite A

Consultations are
available by
appointment only

For more "Lazy Housewife" recipes that are quick, easy and healthy, download my [eBook](#).