



## Chai Latte

### Ingredients

- 1 cup preferred milk
- ½ tsp Cinnamon
- ¼ tsp Ginger juice \* or small section of Ginger root
- ¼ tsp Mixed Spices
- 1 Medjool date (or preferred sweetener)

\* I use ginger juice because I find it's so much easier to juice the ginger and then pour it into ice-block trays. I pop it into the freezer and it's ready to use when required.

### Instructions

- Blend altogether.
- Heat to your preferred temperature, on the cooktop or in a Thermomix, being careful not to burn the spices.
- If using a Thermomix, turn the speed up until frothy.
- I find this recipe simple, quick, and yummy!