

## Springbok Chai



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South Africa has always been an important stop on trade routes from Europe to Asia and vice versa. Spices from all over Asia found their way to the land of the “Springbokken” as ground cardamom and ground ginger found their way into this surprising combination of rooibos infusion, milk and honey.

- Sub Category Name  
Drink  
Chai
- Recipe Source Name  
Book of Tea Inspired Chai Recipes

## Ingredients

### Springbok Chai

- 160 ml Rooibos Pure Natural Organic (5 minute brew)
- 80 ml Full cream milk
- Pinch of ground cardamom
- Pinch of ground ginger
- Bee’s honey
- Lemon zest

## Methods and Directions

### Springbok Chai

- Add the ground spices to a teapot and brew the rooibos for 5 minutes
- Strain the tea



- Sweeten the rooibos with honey
- Add the milk and air the chai
- Pour into a large mug and spray a lemon zest

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