



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Chai Tea Mix

Ingredients

- 1 cup nonfat dry milk powder
- 1 cup powdered non-dairy creamer
- 1 cup French vanilla flavored powdered non-dairy creamer
- 1 ½ cups sugar
- 1 ½ cups unsweetened instant tea
- 2 tsp ground ginger
- 2 tsp ground cinnamon
- 1 tsp ground cloves
- 1 tsp ground cardamom

Directions

1. In a large bowl, combine first five ingredients. Stir in ginger, cinnamon, cloves and cardamom. In a blender or food processor, blend 1 cup at a time until mixture is the consistency of fine powder.

2. To make tea, stir 2 heaping tablespoons chai tea mixture into a mug of hot water.

Nutrition Information Makes about 48 servings (6 cups)

Per serving:

- Calories: 45
- Fat: 1g
- Carbohydrate: 9g
- Protein: 1g
- Fiber: 0g
- Sodium: 10mg



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Eat Smart