

Chai Milk

Ingredients

- 12 oz. Cashew or Almond Milk**
- 1 Tsp. Honey
- 1/2 Tsp. Vanilla
- 1/2 Tsp. Cinnamon
- 1/4 Tsp. Ground Nutmeg

DIRECTIONS:

Mix all ingredients and warm in pan over stove or even better warm with milk steamer if possible. When milk is warm stir well, sprinkle with additional ground nutmeg and enjoy!

** I really like the cashew milk because it is a bit creamier than almond milk. Regular cow's milk can be used too. If you use cashew milk you will get 65% of your recommended calcium in this one drink!!