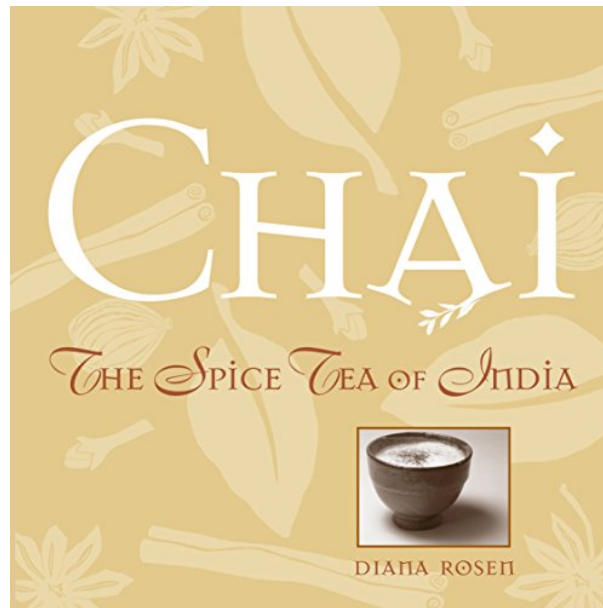
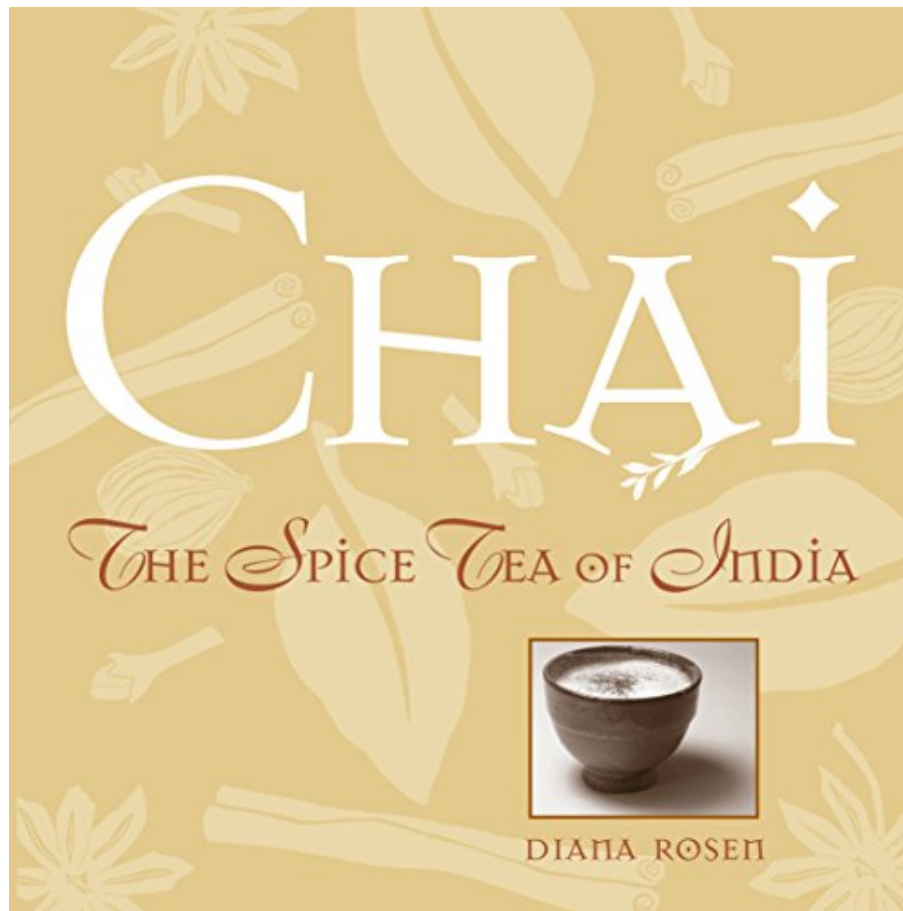


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Discover the sumptuous flavors, rich traditions, and healing powers of chai!

Spirited blends of spices such as anise, cinnamon, nutmeg, and cloves transform black tea into the rich, full-bodied elixir that has been enjoyed in India for centuries. As a warm, creamy treat with milk and honey or chilled as a summer cooler, healthful chai is the perfect beverage for any occasion.

In Chai you'll find:

- 22 recipes for chai spice blends and variations from chai latte to iced herbal chai
- Stories of the chai experience from India and throughout the world
- Recipes for chai scones, cookies, cakes, and more
- Ayurvedic health benefits of chai spices

About the Author

Diana Rosen has a special interest in the traditions of world cultures and practices that enhance spirituality in everyday life. Her books include *The Book of Green Tea*, *Chai*, *Steeped in Tea*, and *Taking Time for Tea*.

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Discover the rich flavors, unique traditions, and healing powers of chai. This heady mixture of cinnamon, nutmeg, anise, and cloves transforms black tea into a full-bodied elixir that has been enjoyed in India for centuries. Tea expert Diana Rosen explores the fascinating history of chai and offers 22 recipes for a variety of chai spice blends that can be used in both teas and baked goods. You're sure to find exciting and new ways to enjoy chai's spicy and rejuvenating qualities.

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Most helpful customer reviews

32 of 35 people found the following review helpful.

Chai, The Spice Tea of India

By raljo@bigcat.fhsu.edu

After living in India for 12 years (1971-1983) this delightful book brought back so many wonderful memories that were so strong you could almost taste them. Diana Rosen has done an excellent job of blending the romantic culture with the traditions of making and serving tea that transcends all classes and castes of the India subcontinent. After reading 'Chai' I have order six more copies as gifts for my close

friends. Everyone who enjoys a cup of tea, and what it can bring, will love this tasty and instructive book.

20 of 21 people found the following review helpful.

Good Book

By A Customer

This is a fine book for any tea lover. My only quibble is with the recipes using a 14 ounce can of unsweetened condensed milk. The only milk that comes in that size is the Eagle Brand type which IS sweetened. I made the recipes with the sweetened milk and they taste fine. I think it is a typo, but I may be wrong.

2 of 2 people found the following review helpful.

The Spice of Life

By A Blair

If you are a tea drinker and can appreciate the aromatic scent and warming blend of spices in your tea, then this is the book for you. I am a chai tea drinker -- its extremely flavorful, inviting, and soothing. This book indicates the various types and recipes of chai tea, and it tells the story of its origin and the authors experience with the teas. If you are interested in chai teas, then this is the book to have in your collection of recipe books.

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