



HOT CHAI-STYLE GREEN TEA

PREP TIME: 5 MINUTES | SERVINGS: 2

INGREDIENTS

1 cup low-fat milk
1 cup water
1/2 tsp ground cinnamon
1/4 tsp ground ginger
1/8 tsp ground allspice
2 Lipton® Green tea bags

DIRECTIONS

1. In medium saucepan, bring milk and water just to a boil.
2. Stir in cinnamon, ginger and allspice.
3. Reduce heat to low, add Lipton® Green tea bags and simmer uncovered 3 minutes.
4. Remove tea bags and strain. Serve immediately. Garnish, if desired, with cinnamon sticks.

Nutritional Information / Serves 2: Calories: 60, Total Fat: 2.5g, Saturated Fat: 1.5g, Trans Fat: 0g, Cholesterol: 10mg, Sodium: 60mg, Total Carbohydrate: 7g, Dietary Fiber: 0g, Total Sugars: 6g, Added Sugars: 0g, Protein: 4g, Calcium: 10% DV, Vitamin D: 6% DV, Iron: 0% DV, Potassium: 4% DV