

CHAI LATTE

Ingredients:

1 cup milk of choice (dairy or non-dairy) • 1/2 cup water • 1 black tea bag (or 1 tsp loose leaf) • 1/2 tsp ground cinnamon • 1/4 tsp ground cardamom • 1/8 tsp ground cloves • 1/4 tsp ground ginger • 1 tsp honey or sweetener of choice



Instructions:

1. In a small saucepan, combine milk and water over medium heat.
2. Add spices and tea bag. Bring to a gentle simmer, stirring occasionally.
3. Simmer for 3–5 minutes, then remove from heat and strain into a mug. 4. Stir in honey or sweetener, and enjoy warm.

Devotional Thought:

Warm, spiced, and grounding — chai invites us to slow down. As you sip, allow the rich aroma to remind you of God's sustaining peace. His perfect peace isn't found in the absence of trouble, but in the presence of trust. Let this be a moment of pause and prayer. Let Isaiah 26:3 stir your heart: "You will keep in perfect peace those whose minds are steadfast, because they trust in you."