

Blueberry Chai Latte

Servings: 4

Prep Time: 10 min

Cook Time: 15 min



INGREDIENTS

Blueberry Maple Syrup

- 2 cups frozen blueberries
- 3/4 cup maple syrup
- 1 tsp grated orange peel
- 1 tbs cornstarch

Blueberry Chai Latte

- 4 chai tea bags
- 2 cups boiling water
- 1/4 cup Blueberry Maple Syrup
- 2 ounces spiced dark rum (optional)
- 1 cup unsweetened almond milk
- 1/4 tsp ground cinnamon

INSTRUCTIONS

Blueberry Maple Syrup

- 1 In a small saucepan, combine blueberries, maple syrup, and orange peel.
- 2 In a small cup, dissolve cornstarch in 2 tablespoons water; add to blueberry mixture.
- 3 Cook, stirring constantly until mixture boils.
- 4 Reduce heat and simmer until the mixture thickens about 1 minute.

Blueberry Chai Latte

- 1 Divide tea bags evenly between 2 large mugs; pour in boiling water.
- 2 Stir 2 tablespoons of Blueberry Maple Syrup into each mug; steep for 5 minutes.
- 3 Discard tea bags. If using rum, add 1 ounce to each mug.
- 4 Meanwhile, pour almond milk into a small saucepan set over medium heat; heat, stirring occasionally, for 3 to 5 minutes or until warm and steaming.
- 5 Froth almond milk with milk frother; divide equally between mugs. Garnish with cinnamon.

Variations

- Brandy or whiskey can be substituted for spiced dark rum.
- Any milk variety can be substituted for Almond milk.



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boost of
blue