

Chai Milkshakes

This recipe was provided by Sally Roeckell of [Table and Dish](#) and were originally published at [365Barrington.com](#).

Ingredients

- 1 1/2 cup milk (or almond milk)
- 1/2 teaspoon ground ginger
- 1/8 teaspoon cayenne pepper
- 4 black chai tea bags
- 2 4-inch cinnamon stick
- 2 star anise
- 10 pieces of whole cardamom
- 1 teaspoon vanilla extract
- 1 pint (2 cups) vanilla ice cream
- Ground cinnamon sugar for topping (equal parts raw sugar and cinnamon)
- Whipped cream (optional)



Instructions

1. Pour milk into a small saucepan set over medium heat. Stir in ginger and cayenne. Add the tea bags, cinnamon stick, star anise and cardamom. Dunk the tea bags to submerge. *Tip:* Remove paper tabs from tea bags. Heat, stirring occasionally, until steaming and just below a simmer, about 5 minutes.
2. Remove from heat and let steep for 5 minutes. Remove tea bags. Stir in vanilla extract. Let cool to room temperature. With a slotted spoon, remove whole spices.
3. Add ice cream to the pitcher of a blender and pour some chai milk mixture over the top. Blend until smooth add more milk as necessary for desired thickness. Pour into a large glass and top with whipped cream if desired. Sprinkle with cinnamon sugar. Serve.