

Herbal Mushroom Chai

See accompanying blog post at renee.tougas.net

Description

This spicy herbal chai warms the body and supports your overall health and boosts immunity with anti-inflammatory, adaptogenic, and immuno-modulating herbs, spices and mushrooms. And it tastes fabulous!

Adaptogens are tonic herbs, which help to improve the health of your adrenal system, assisting your body in adapting to emotional, physical, and mental stress. (For more on adaptogens see [blog post](#).)

Immuno-modulators help your body mount the correct response to an attack on your immune system.

Inspirational sources:

- [Immune Building Chai](#) by Kimberly Gallagher
 - [Astragalus Chai](#) by Rosalee de la Forêt
 - [Chaga Chai](#) by Heather Bruggeman
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Ingredients

- 24 gms ginger, dried
- 12 gms cinnamon bark
- 12 gms dried orange peel
- 10 gms astragalus
- 5 gms rhodiola
- 5 gms reishi
- 5 gms chaga
- 4 gms tumeric
- 4 gms star anise
- 4 gms whole peppercorns*
- 12 pods of cardamom
- 1.5 tsp whole cloves

This recipe uses dried whole ingredients, including dried whole tumeric and ginger root which may be difficult to source. You can use ground spices instead.

**This produces a spicy chai, if you don't like spice reduce this amount.*

About Ingredients & Blending

If you are mixing this from dried whole ingredients you'll need a high powered blender.

My goal is to blend the ingredients till they are broken down, but not finely powdered.

If you want to simplify this recipe you can use all reishi or all chaga, 10 gm or each.

Since I use dried turmeric root (not powder), which is *very* hard, I first use a pestle and mortar to break it up into smaller chunks before adding it in the blender.

See [blog post](#) for photos.

Directions

1. Blend ingredients

I recommend blending the ingredients in three separate batches, according to size and density.

If you throw everything in at once some ingredients will become fine powder.

I do it this way:

- seeds & seedpods (cloves, peppercorns, star anise, cardamom)
- ginger, cinnamon bark pieces, turmeric (broken up), astragalus pieces
- orange peel, rhodiola, reishi, chaga

2. Mix all ground ingredients together.

3. Store in jar.

Notes

This recipe creates a spicy chai. I like that level of spice, to feel a little burn in my throat. It's also quite "orange-y". Adjust ingredients according to your own taste.

At first glance this recipe might look like a lot of work. The only labor intensive part is making the dry mix. Once you have that in your cupboard, brewing a cup of chai is easy.

<http://renee.tougas.net/blog/herbal-mushroom-chai-and-some-talk-about-adaptogens-stress-and-anxiety/>

Preparation of chai

(this is the easy part)

- In a small pot on the stove, add 1 tbsp of chai mix to 1 ¼ cup water.
- Bring to boil. Simmer gently for 15 minutes.
- Add 1/2 cup milk and bring to simmer again.
- Strain.
- Add honey to taste, about one spoonful.

If your mix is a powder instead of the chunky consistency I make, you may want to prepare your chai as an infusion in a very fine tea steeper, instead of a decoction as explained above.