Yogi Turmeric Chai

From the teas.co.uk wiki

> **Yogi Turmeric Chai, in summary:** Chai spices plus turmeric and the pepper that makes curcumin bioavailable: a small real curcumin nudge, the real win is deep earthy flavour.

Last reviewed by the teas.co.uk team in March 2026.

Yogi Organic Turmeric Chai combines classic Indian chai spices with turmeric and the black pepper that makes the curcumin actually bioavailable. The turmeric/curcumin angle is real but small; the real win is flavour: the turmeric gives the chai a deeper, earthier base than standard masala chai. Excellent black, exceptional with steamed milk as a golden chai latte.

The blend

Organic black tea (Assam style base), turmeric root, cardamom, cinnamon, ginger root, black pepper, cloves. The black pepper is not optional: the piperine in it sharply boosts how much of turmeric's curcumin your body can absorb, which is why every credible turmeric blend includes it. Yogi's recipe uses whole spice rather than powdered, so the bag has visible spice fragments.

How it tastes

Earthy turmeric forms the base, cardamom and cinnamon give the lift, ginger and black pepper bring the heat, cloves close. Less sweet than a standard chai (no added vanilla or honey), more savoury warm. The turmeric earthiness is divisive, drinkers used to mass market chai may find it muddy at first; the flavour grows on you. Curator Rating: 4.9/5.

How to brew (water method)

1. 1 bag in 200ml just boiled water.
2. Steep 4-5 minutes.
3. Drink black, or add a splash of milk and a teaspoon of honey.

Golden chai latte (the proper way)

1. 1 bag in 100ml boiling water, steep 4 minutes.
2. Heat 150ml whole milk or oat milk to just below boiling.

3. Combine; whisk to foam.
4. Honey or maple syrup to taste.
5. Pinch of extra cinnamon on top.

The milk fat carries the curcumin (turmeric's active compound) better than water alone. This is the format that gets the most from the blend.

Caffeine

40-50mg per cup. Treat as a morning or early afternoon tea, not an evening drink.

Vegan

Yes (with plant milk).

The curcumin claim

Turmeric's active compound, curcumin, is genuinely studied, but a single teabag delivers a modest dose (around 50-100mg curcumin) while supplement studies typically use 500-1500mg daily. Yogi Turmeric Chai is a pleasant flavour vehicle and a small contributor to curcumin intake, not a clinical dose. Drink it for the flavour first.

FAQ

Caffeine? 40-50mg.

Vegan? Yes.

Black pepper? Included for curcumin absorption, essential not optional.

With milk? Excellent; the proper format.

Pregnancy? Moderate intake fine; high dose turmeric is not recommended in pregnancy.

Where to buy

Health food stores (Holland & Barrett, Whole Foods Market, independent health stores), specialty online retailers, supermarket health food sections (selected branches of Tesco, Sainsbury's, Waitrose).

Pricing

Premium tier within the wellness category. Typically 15-25p per bag at 17-bag pack pricing. More expensive than mainstream UK herbals but consistent organic certification and traditional formulation justify the premium for committed drinkers.

Storage

Airtight tin or original packaging. Use within 12-18 months for best flavour. Spice components (cinnamon, cardamom, cloves) are reasonably stable; floral and fruit additives fade more quickly.

The turmeric claim

Aspect	Yogi Organic Turmeric Chai
Blend	organic Assam style black tea, turmeric, cardamom, cinnamon, ginger, clove, black pepper
Why the pepper	piperine lifts curcumin absorption sharply; not optional
Curcumin per bag	roughly 50 to 100mg, against 500 to 1500mg typical supplement doses
Taste	earthy, savoury warm, less sweet, divisive then grows on you
Caffeine	40 to 50mg, a morning or early afternoon tea

Curator's note: Yogi Turmeric Chai is the deep, earthy turmeric chai. Worth keeping for daily routine. Lee, teas.co.uk, Tunbridge Wells.

Reference noted

- Soil Association organic standards

FROM THE CURATOR

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Chai reading

- Chai tea (the pillar)
- Chai category
- Chai from scratch
- Chai latte recipe

The bottom line on Yogi Turmeric Chai

Best understood as a flavour-led chai with a small, genuine curcumin contribution rather than a clinical dose: a tea bag gives roughly 50-100mg of curcumin against the 500-1500mg used in supplements. The real win is the deep, earthy, savoury-warm flavour, a richer base than standard masala chai. Drink it for that, made as a golden latte where the milk fat carries the curcumin and the cup is at its best. One specific caution: high-dose turmeric is not recommended in pregnancy, and the NHS advises no more than four cups of herbal tea a day.

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