The Standard Rooibos Chai Cup

From the teas.co.uk wiki

This rooibos chai is the caffeine-free answer to a black tea chai: the same warming cinnamon, cardamom and ginger, but on a rooibos base, so you can have it in the evening without it keeping you up. Rooibos can't over-brew, so the spice goes long and deep with no bitterness.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the The Standard Rooibos Chai Cup recipe. Canonical: https://teas.co.uk/recipes/rooibos/the-standard-rooibos-chai-cup/*

It uses Good Earth Rooibos Chai, a caffeine-free spiced rooibos blend. One mug, no caffeine.

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