Cape Chai Porridge

From the teas.co.uk wiki

A warm, spiced porridge for the colder mornings, where the chai flavour comes from the milk itself rather than a sprinkle on top. You steep a bag of Dragonfly Organic Cape Chai Rooibos in the warm milk first, so cinnamon, cardamom, ginger and clove cook right through the oats as they soften.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Cape Chai Porridge recipe. Canonical: https://teas.co.uk/recipes/rooibos/cape-chai-porridge/*

Once the milk is infused, it is porridge as usual: oats stirred in and cooked gently, a little brown sugar for a caramel note, then finished in the bowl with honey, nutmeg, dried apricots and toasted almonds. It is caffeine-free, so it is a gentle way to bring a bit of warmth and spice to breakfast.

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