# Caffeine-Free Chai Latte

From the teas.co.uk wiki

**Caffeine-free chai latte** is the one to make in the evening, when a black-tea chai would keep you up. The trick is to build it on Teapigs Honeybush and Rooibos instead of black tea: both are naturally caffeine-free and tannin-free, so the cup comes out soft and rounded rather than brisk, while the whole spices simmered into the milk give it the proper chai backbone.

**Source:** teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Caffeine-Free Chai Latte recipe. Canonical: https://teas.co.uk/recipes/chai-tea/caffeine-free-chai-latte/*

It is made the stovetop way, the same as any good chai. Simmer the temples and the whole spices, cardamom, pepper, ginger and cinnamon, in milk and water, strain, and stir in a little honey at the end. Rooibos is slower to give up its colour than black tea, so give it a full seven minutes.

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