

Chai Mix

Ingredients:

3 Tbsp cinnamon

2 Tbsp ginger

1 Tbsp cardamom

½ teaspoon nutmeg

½ teaspoon black pepper

½ teaspoon cloves

Method:

1. Combine all ingredients together and mix well.
2. Pour mix into glass kilner jar or cellophane gift bag similar to ones used for cookies and sweets.

Spices are much more aromatic if you mill them yourself, but if you do not have an electric mill you can use ready milled ones.

For original chai tea, similar to what you would get in India for 2 people add 1– 2 tablespoons of the mix in a pot, add 1 cup of milk and 1 cup of water, bring the mix to the boil over a medium heat and add 1 – 2 bags of black tea. Stir the teabags in well and seep for 10 minutes, keeping the lid on the pot to stop it cooling. Strain the tea and sweeten to your liking.

For a quicker version just add a teaspoon of the chai mix to black tea and strain after infusing before pouring into a mug and sweeten to your liking.

For a chai coffe add the mix to ground filter coffee and plunge as normal.

Chai Muffins:

Dry Ingredients

300g plain flour

2 teaspoons baking powder

3 tbsp chai mix

100g chopped nuts

100g brown sugar

100g chopped dried fruits e.g. dates, apricots or apple rings

Method:

1. Layer dry ingredients into a kilner jar.
2. Attach gift label, wet ingredients list and instructions to the jar.

Wet Ingredients needed:

2 beaten eggs

300ml milk

100g melted butter

Instructions: Makes 12 – 16 muffins

1. Pre heat the oven to 190C and line a muffin tin with muffin cases
2. Empty the contents of the jar into a large mixing bowl.
3. Make a well in the centre and add wet ingredients.
4. Mix gently, careful not to over mix.
5. Divide the batter between the muffin cases and bake for approx 20 minutes
6. Insert a knife or screw to see if they are done – it should come out clean
7. Cool on a wire rack and dust with icing sugar

Energy Balls

Ingredients:

100g dates – finely chopped, we used medjool dates

100g dried figs or prunes – finely chopped

50g chopped nuts – we used walnuts

1 tbsp Bourneville cocoa powder

To dust: desiccated coconut, cocoa powder, cinnamon sugar, melted chocolate

Method: Makes approx 14 balls

1. Finely chop dates and figs
2. Add walnuts and cocoa powder to date/fig mix
3. Combine everything together – if the dough is too dry add ½ teaspoon of water
4. Take a knob of mixture and roll into a ball shape
5. Repeat until all the mixture is used
6. To Dust - roll balls in coating of your choice – If you want to cover in melted chocolate insert a toothpick or lollipop stick into ball and then submerge in melted chocolate
7. You can experiment with flavours such as coffee powder, sea salt or spices of your choice

Hot Chocolate Spoons

Ingredients:

Chocolate – dark, milk or white

You will also need a large spoon, baking parchment and toppings such as chocolate buttons, sprinkles, crushed candy canes, or Werther's toffees', cellophane wrap and ribbon.

Method:

1. Melt the chocolate in the microwave in 30 second blasts until just melted, stir to get out any remaining lumps or place over a pan of simmering water and melt.
2. Dip the spoon into the melted chocolate and place on baking parchment
3. Working quickly before the chocolate sets add your flavourings/toppings such as marshmallows, sprinkle, buttons, candy cane chopped or toffees chopped etc
4. Allow to set
5. Wrap in cellophane and tie with a ribbon or bow. .
6. To make hot chocolate just add spoon to a mug of hot milk and stir until melted.
7. **Alternatively you can pour melted chocolate into a bun tray or ice cube tray and insert lollipop stick or candy cane into melted chocolate making sure to hold it in place until chocolate sets and stick remains upright. Add toppings as above**