Snack

Silky Chai Almond Milk Jelly

Fragrant chai infused almond milk, lightly sweetened with agave nectar, sets into a soft and delicate jelly. A gentle simmer and a long chill are all it takes before serving.

260 min	82	4.4 g	1.6 g
time	calories	carbs	sugars



Dairy free

Ingredients, 4 servings

- [ ] 4 tablespoons gelatin powder
- [ ] 800 ml almond milk
- [ ] 3 Chai tea bags
- [ ] 2 tablespoons agave nectar (honey or rice malt syrup)

Method

- [ ] 1 Sprinkle the gelatin powder over 1/4 cup of warm water in a small bowl and stir until it has fully dissolved, then set it aside.
- [ ] 2 Pour the almond milk into a saucepan and bring it to a simmer over medium heat, then take the saucepan off the heat.
- [ ] 3 Add the Chai tea bags and the agave nectar and let them steep in the warm milk for 5 minutes.
- [ ] 4 Lift out and discard the Chai tea bags, then stir the dissolved gelatin powder mixture into the milk until evenly combined.
- [ ] 5 Divide the mixture between 4 serving dishes and chill in the refrigerator for at least 4 hours until firm.

Nutrition Facts

Per serving

Calories	**82**
Total fat	1.4 g
Saturated fat	Not listed
Sodium	89.5 mg
Total carbs	4.4 g
Fiber	0.6 g
Total sugars	1.6 g
Protein	13.5 g

diabic.com/recipes

Scan to open this recipe and its shopping list