

# Homemade Spiced Chai Mix

## Ingredients:

1 tsp ground cinnamon  
½ tsp ground cloves  
½ tsp ground cardamom  
½ tsp ground ginger  
4 tsp Super Sweet Blend (Trim Healthy Mama brand), or see bottom of page for other options  
black tea  
half-and-half or other creamer,  
honey, and pure vanilla extract, if desired



## Directions:

1. Mix all dry ingredients together; store in a container with lid.
2. Brew 1 tea bag black tea.
3. Add 1 tsp of mixture to tea, along with creamer. Add 1 tsp of honey and a splash of pure vanilla extract, if desired. Stir well. Enjoy!



## Sweetener Conversion Chart

Sweetness conversions are approximate.  
Measurements are in U.S. cups. TBSP = tablespoon / tsp = teaspoon

**THM Erythritol & THM Xylitol:** Measures cup for cup like sugar.

**THM Super Sweet Blend:** Four to five times as sweet as sugar and a more economical choice over other stevia blends.

**THM Gentle Sweet:** A sugar like sweetness that is 1/3 as sweet as THM Super Sweet Blend.

**THM Pure Stevia Extract Powder:** Concentrated, pure sweetness - great for using in your THM sippers and other drinks.

Sugar, THM Erythritol & THM Xylitol	THM Super Sweet Blend	THM Gentle Sweet Most Other Stevia Blends	THM Pure Stevia Extract Powder (1 doonk = 1/32 tsp)
1.5 rounded TBSP	1 tsp	1 TBSP	1 rounded doonk
3 rounded TBSP	2 tsp	2 TBSP	2 rounded doonks
1/3 cup	1 TBSP	3 TBSP	scant 1/8 tsp
1/2 cup	1.5 TBSP	1/4 cup + 1 TBSP	rounded 1/8 tsp
1 cup	3 TBSP	1/2 cup + 1 TBSP	rounded 1/4 tsp

**Homemade Super Sweet Blend Recipe:** 1 cup THM Erythritol + 1 rounded tsp THM Pure Stevia Extract Powder

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