

GINGER & SPICE BLEND, Chinese Five Spice Blend
CANTONESE CHICKEN & PEACHES



A little bit of sweet and a little bit of heat makes this quick and easy recipe a delicious dinner dish. The Chinese Five Spice Blend is perfect on the chicken and the Ginger & Spice Blend absolutely makes the sauce! What a great way to use fresh or canned peaches. This one will surely be a family favorite. Delish!!

INGREDIENTS :

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| 3 skinless/boneless chicken breasts (about 2 lbs) | 1 large green pepper, cut in square pieces |
| 1 tsp Chinese Five Spice Blend | 1 1/2 cups fresh peaches, peeled and sliced* |
| 2 tsp salt | 1 cup catsup |
| 1/2 tsp pepper | 1/2 cup peach preserves, liquified by heating in the microwave for 40-50 seconds* |
| 2 Tblspns vegetable oil | 2 Tblspns soy sauce |
| 1 medium onion, sliced | 1 tsp Ginger & Spice Blend |

*You can substitute a 16 ounce can of sliced peaches, with reserved syrup

Directions: Cut the chicken in thin strips and then sprinkle the strips with the salt, pepper, and Chinese Five Spice Blend. Stir-fry the seasoned chicken strips in the oil for about two minutes. Add the onion and continue frying until the onion is tender-crisp. Make the sauce in a small bowl by combining the catsup, liquified peach preserves, and enough water to make two cups of liquid (Note: if using canned peaches use the reserved peach syrup with the catsup to make the sauce). Pour the sauce over the chicken and onions. Add the soy sauce and the Ginger & Spice Blend and stir to combine. Cover and simmer for 20 minutes. Add the green pepper and peaches. Replace the cover and continue cooking for about 5 more minutes. Serve hot over rice or noodles.

ROOIBOS CHAI TEA, True Cinnamon Cardamom Seed Powder, Nutmeg, Clove Powder

CHAI TEA MUFFINS WITH A VANILLA GLAZE



Simple and delicious little tea muffins - a perfect treat for anytime. Our Rooibos Chai Tea is used as the base of these delightful muffins. The spices used- True Cinnamon, Cardamom Seed Powder, Nutmeg and Clove Powder- complement the Chai tea with a hint of almond added. These little muffins are just yummy, and a bit addictive. Bet you can't eat just one!

Ingredients For The Muffins:

- 1/2 cup butter, room temperature,
 3/4 cup granulated sugar
 2 eggs, 1 tsp vanilla extract, 1 tsp almond extract
 1/2 cup Rooibos Chai Tea
 (strong brewed- 6 tea bags brewed for 5 minutes)
 1/3 cup milk, 2 cups flour,
 2 tsp baking powder, 1/2 tsp salt

- 1/2 tsp each: True Cinnamon,
 Cardamom Seed Powder,
 Nutmeg, 1/4 tsp Clove Powder

Ingredients & Directions For The Vanilla Glaze:

- Mix together the following-
 1/2 cup (sifted) powdered sugar
 1/4 tsp almond extract
 1/4 tsp Cardamom Seed Powder
 2 Tblspns Coffee-mate French Vanilla creamer

Directions For Muffins:

Spray (with cooking spray) mini muffin tins and preheat the oven to 350 degrees. Cream together the butter and sugar until light and fluffy. Add the eggs and extracts and mix until incorporated. In a separate bowl, combine the flour, salt, baking powder and spices. Alternately add the flour mixture and the Rooibos Tea to the butter mixture. Mix until just combined. Drop Tblspn- full of the batter into the prepared muffin tins. Bake the muffins for about 10 minutes or until just lightly brown on the edges. Cool the muffins on a rack and then drizzle the tops with the Vanilla Glaze.