

Self

Mind Body Spirit

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CALM IN A TEACUP

There's nothing quite like wrapping your hands gleefully around a warm drink on a cold day. But Indian chai doesn't just bring comfort, because adding the right spices can reap health benefits, too. Try Haldi chai, also known as spiced turmeric chai, suggests Mira Manek, author and founder of the Chai by Mira cafe in London's

Soho. 'The golden super-spice is radiant with anti-inflammatory and antioxidant powers, great for everything from preventing colds to healing an injury or illness,' she explains. 'Ginger also amplifies the anti-inflammatory nature of the drink, as both of these spices help tackle inflammation in the body.' To make Haldi chai with spicy turmeric, boil these ingredients together for 10 minutes:

1 mug of any milk you like
1tsp ground turmeric
1tsp ground ginger
1tsp ground cinnamon, optional
A pinch of ground black pepper, optional

*Prajna: Ayurvedic Rituals For Happiness
(Headline) by Mira Manek is out now*

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