

Chai Spiced Sweet Potato Apple Butter

Discover the rich and smooth taste of homemade chai-spiced apple butter. This flavorful spread will elevate your meals and support healthy digestion.

Chai Recipe for Chai Spiced Sweet Potato Apple Butter

Chai tea is rich in antioxidants, has anti-inflammatory properties, and helps boost the immune system. You can use your favorite chai tea blend or make your own with a few herbs and spices!

Supplies you'll need...

- 2 teaspoons ground cardamom or 1 tablespoon cardamom pods
- 4 teaspoons ground cinnamon
- 2 teaspoon ground cloves or 4 clove pods
- 2 teaspoons ground nutmeg
- 4–6 teaspoons ground ginger or 1–2 inches of grated fresh ginger (use less if you don't like spicy)
- 2 star anise
- ½ teaspoon of spicebush (optional)
- 2 tablespoons of yaupon holly or black tea (can omit if you want caffeine free)

- 1 Bring 2 ½ cups water to a boil and add 2 ½ teaspoons of the tea blend to the water.
- 2 Remove pot from heat, cover and allow it to steep for an hour.
- 3 Strain out the herbs, so you are ready to add your tea to the Chai Spiced Sweet Potato Apple Butter recipe below.



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This Chai Spiced Sweet Potato Apple Butter makes for a wonderful fall treat to enjoy and share with loved ones.

Supplies you'll need...

- 4 half-pint mason jars Immersion blender or regular blender
- Tongs
- 2 large pots
- Ladle

Ingredients you'll need...

- 4 whole sweet potatoes or 4 cups diced peeled sweet potatoes (orange or purple)
- 4 cups diced peeled granny smith fresh apples (or your favorite apple)
- 2 cups chai tea
- 3 cups apple cider
- ¾ –1 cup packed dark brown or raw sugar (can substitute your favorite sweetener)
- 3 tablespoons of black strap molasses (optional)
- 2 cups of strained chai tea (directions above in chai tea recipe)
- 2 teaspoons of vanilla extract or 1 vanilla bean scraped
- Juice of 1 lemon

Stove Top and Oven Method

- 1 Clean and then sterilize your canning jars — wash them and then put them in a pot with water covering them. Bring the water to a boil and leave them in the boiling water for at least 10 minutes. (See below for more information.)
- 2 If you want to roast your sweet potatoes for extra flavor, you can clean your whole sweet potatoes and wrap them in aluminum foil. Bake these sweet potatoes at 400 degrees F for 1 hour or until tender.
- 3 (Note: If you don't want to roast your sweet potatoes, you can also just peel and cube 4 cups worth of sweet potatoes and add them with apples to cook on the stove top. Cooking on the stove top can take up to 4 hours or until tender.)
- 4 Now peel and dice the apples.
- 5 While your sweet potatoes are baking, combine diced apples, ½ cup of tea (save the other 1 ½ cups) , sweetener, and lemon juice in a pot. Bring to a boil, reduce heat, and simmer until the apples are tender.
- 6 Allow sweet potatoes to cool and remove their skin.
- 7 Add sweet potatoes to the apple mixture and add in the rest of your chai tea. Now cook this all together for 10 minutes over low heat.
- 8 Add vanilla and sweeten to taste if needed.
- 9 Use your food immersion blender and puree until everything is smooth in texture or place into your blender and add more liquid if needed to achieve a smooth butter. (Be careful of this hot mixture and make sure your blender or food processor can accommodate the heat.)

- 10 Fill your ½ pint mason jars leaving ½ inch head space at the top of the jars. Then add lids to cap the jars.
- 11 Add your jars to your empty large pot. Fill up your pot of water at least two inches above the jars and bring to a full boil — process jars in the hot water bath for 15–20 minutes.
- 12 Carefully remove jars with tongs and place on the towel-lined counter. Wait to hear the pop of each jar as it cools to make sure they have been properly sealed. You can also press the tops of the jar after it cools, and if the tops don't move then they are sealed. Return to the water bath for additional time if needed. And enjoy your beautiful jars of apple butter!

Please note: roasting the sweet potatoes is optional for extra flavor. You can also just peel and cube the sweet potatoes, and add them with apples to cook on the stove top. Cooking on the stove top can take up to 4 hours or until tender.

Slow Cooker Method

- 1 Add all ingredients into your crock pot and cook on low for 10–12 hours until everything is tender and the liquid is reduced down.
- 2 Turn your crock pot off and start at step 8 above.

Instant Pot Method

- 1 Add all ingredients into your Instant Pot (add vanilla last after it is cooked.)
- 2 High pressure steam all of your ingredients together for 15 minutes and then let the Instant Pot do a natural release.
- 3 Now start at step 8.

Yield: 4 half-pint jars