

Yogi Tea



To 5 quarts of boiling water add:

2 tbs whole cloves

¼ cup whole cardamon pods

1 tbs whole black peppercorns

1 ½ peeled and sliced fresh ginger root- about ½ inch- amount is optional

5-7 cinnamon sticks

¼ tsp of black tea

Bring water to a boil then lower to simmer for 2 hours , then turn it off and let it sleep for at least an hour with a ¼ teaspoon of any black tea or tea bag. Strain and refrigerate until time to serve.

When ready to serve, add amount of milk or vanilla soy milk equal to the amount of tea you want to serve, heat thoroughly-almost to boiling, don't let it boil over. Serve and enjoy! You can serve with honey to taste if desired.

The black pepper is a blood purifier, the cardamon is for the colon, the cloves for the nervous system and the cinnamon is for the bones. The milk aids in the easy assimilation of the spices and avoids irritation to the colon. The black tea act as an alloy for all the ingredients, achieving a new chemical structure which makes tea a healthy as well as a delicious drink. The fresh ginger root will help if you are suffering from a cold, recovering from the flu or just want some extra energy. You may also add silk or almond milk as you wish for better taste.

You may use the very vanilla Silk soy milk or rice or almond milk as well as cows milk I use the red organic 365 wholefoods Almond milk). **Just add milk to the amount you will be drinking** and save the rest of the tea in the refrigerator, it will stay up to **six months!** You may also freeze ingredients and reuse one time with just 2 ½ quarts of water. ENJOY, Sat Nam!