



## YOGI TEA

Yogi Tea is a wonderful, spicy, chai-like tea that supports your digestion, liver, bones and nerves...and it just plain tastes great. Serve hot or cold with your favorite dairy or non-dairy beverage (to protect the stomach from the tannins). Great whizzed up in a blender with ice and sweetener for a Yogi Tea Frappe! Use fresh, bulk spices from your local health food or Indian spice store.

Measurements vary according to your taste (cinnamon and cloves can be very strong). Add spices to 3 quarts boiling water:

10 - 20 whole cloves

20 whole green cardamom pods (crushed)

20 - 40 whole black peppercorns

5 sticks of cinnamon

5 quarter-size pieces of sliced ginger root

Continue boiling for 30 – 40 minutes until tea is a dark red/brown color. Dip a black tea bag for 15 seconds (acts as an alloy of all the ingredients). Store in a glass container in the refrigerator. Reheat on the stove, add the milk and bring to a boil. Feel free to add [honey](#), maple syrup or agave, if you prefer your tea a little sweeter. Each ingredient has a specific use within the physical body: cloves fortify the nervous system; cardamom relieves gas and aids digestion; peppercorns purify the blood; cinnamon strengthens the bones; ginger stimulates the immune response and provides extra energy. The milk aids in easy assimilation of the spices and prevents irritation to the digestive system.

