PARAMDHAN KAUR YOGA STUDIO

YOGA MEDITATION WORKSHOPS

#Tasty Tuesday
Yogi Tea Recipe

The Recipe

- 1L filtered water
- 9 cloves
- 12 green cardamom pods
- 12 black peppercorns
- 2 cinnamon sticks
- 1" fresh ginger sliced
- 3/4 tsp black tea
- 1.5 cups milk of choice (dairy or non)
- Boil all ingredients except milk for 5 minutes, reduce to low and simmer 40 minutes. Strain and pour in clean jar to store. Add milk when ready to drink.

The Benefits

- Cloves and Ginger are healing to the nervous system
- Cardamom for the colon, black pepper for the blood, Cinnamon for the bones
- Mild stimulant but don't replace black tea with herbal tea
- Always add milk of choice, do not drink it clear
- Great repalcement when trying to reduce coffee consumption
- Excellent when feeling weak, cold or flu

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