

# YOGI TEA

A DELICIOUS AYURVEDIC TEA

## INGREDIENTS

2 L Water  
20 Black Peppercorns  
15 Whole Cloves  
20 Green Cardamon Pods  
3-5 Cinnamon Sticks  
8 Slices fresh Ginger  
1-2 Black Tea Bags

## DIRECTIONS

Squash Cardamon Pods. Place all ingredients, except the tea into a pot and boil for 30 minutes.  
Remove from heat and add the tea bags.  
Brew for 30 minutes and strain.  
You can add your favourite milk or honey.

Enjoy hot or cold.