

YOGI TEA TONIC

Yogi Tea is a health-promoting beverage and a tonic for the whole body. It strengthens the nervous system, energizes the body, clears the mind, and is both a remedy and preventive measure for colds, allergies, and other illnesses. Yogi Tea is best made two quarts at a time. It can be stored in the refrigerator or even frozen. Simply heat tea and add milk or honey if desired. To make two quarts:

- 2 quarts water
- 15 whole cloves
- 20 black peppercorns
- 3 sticks of cinnamon
- 20 whole cardamom pods (split the pods first)
- 8 ginger slices (1/4" thick, no need to peel)
- 1/2 teaspoon black tea leaves (we use decaf)
- Milk and Honey to taste

Bring 2 quarts of water to a boil in a 3-4 quart pot. Add cloves and boil for one minute. Next, add cardamom, peppercorns, cinnamon, and fresh ginger root. Cover and boil for at least 30 minutes. For best flavor, cover and simmer for 2 to 3 hours! When ready, remove from heat, add black tea and let cool. Strain tea. When ready to drink, add soy or dairy milk and sweeten to taste with honey or maple syrup.

Taken from the recipe of Meredith Wright, Kundalini Yoga Teacher