

# HERBAL TEA

## BEST FOR

Morning Detox Drink

Breakfast

Lunch

Mid-Meal

Dinner

An Occasional Treat

*This herbal tea is a replacement for the traditional Indian tea made using milk and tea leaves. It helps get rid of tea addiction. It is made using a blend of herbs and natural flavors, without milk and tea leaves. You can use any fresh herb to make this tea - rosemary, curry leaves, tulsi, rose. We personally like lemongrass the best!*

## LEMONGRASS FLAVOUR

### INGREDIENTS

SERVES 2

- 2-3 inches of lemongrass stems, chopped
- Cinnamon sticks, 2 inches
- 6 green cardamom buds
- ½ inch coin ginger
- 2 cups water
- 1 teaspoon jaggery (optional)

### METHOD

1. Take a saucepan, add the water and bring it to a boil.
  2. Crush the lemongrass stems, cinnamon sticks, cardamom buds & ginger in a mortar and pestle. Add to the water and cover the pan for 3 minutes, to let the flavours infuse.
  3. Strain the tea through the strainer into cups.
  4. If you like your tea sweetened, add jaggery from the top and serve.
- **Tip** Instead of lemongrass, you can use rosemary, curry leaves, tulsi or rose.