
Homemade Tea



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LEMON & GINGER

- LEMON SLICES
- GINGER - SLICED

- PLACE LEMON AND GINGER IN A SMALL POT OF BOILING WATER.
- REDUCE TO A SIMMER. SIMMER FOR 5 TO 10 MINUTES (DEPENDING ON PREFERRED STRENGTH OF THE TEA)

NOTES:

- ADD 1/2 TEASPOON OF HONEY TO HELP FIGHT COLDS

MASALA CHAI TEA

(RECIPE BY TESSA KIROS)

- 600ML OF YOUR PREFERRED MILK
- 12 CARDAMOM PODS - CRACKED
- 1 TEASPOON BLACK PEPPERCORNS
- 3 CLOVES
- 1 CINNAMON STICK
- 5 CM PIECE OF GINGER - PEELED AND SLICED
- 1 1/2 TABLESPOONS BLACK TEA LEAVES
- 4 TEASPOON SUGAR (OPTIONA)

- PLACE MILK, CARDAMOM, PEPPERCORNS, CLOVES, CINNAMON AND GINGER INTO A SAUCEPAN. GENTLY BRING TO THE BOIL.
- REMOVE FRO HEAT AND ALLOW TO STAND FOR 20 MINUTES.
- RETURN TO THE HEAT AND BRING TO JUST BEFORE BOILING POINT.
- REPEAT THE ABOVE PROCESS 3 TIMES.
- STRAIN THE TEA INTO A CUP AND DRINK. STIR THROUGH SUGAR.

NUTRITION INFORMATION

HEALTH BENEFITS OF LEMON

- QUALITY SOURCE OF VITAMIN C
- AIDS DIGESTION
- FRESHENS BREATH

HEALTH BENEFITS OF GINGER

- AIDS DIGESTION
- REDUCES NAUSEA
- HELP REDUCE THE SYMPTOMS OF A COLD

HEALTH BENEFITS OF CARDAMOM

- ANTIOXIDANT
- AIDS DIGESTION
- FRESHENS BREATH
- ANTIBACTERIAL PROPERTIES