

### Yogic Masala tea

#### Ingredients:

One cup plain whole milk

One  $\frac{1}{2}$  spoon rock sugar(crushed)

$\frac{1}{4}$  teaspoon of crushed fresh ginger

1-2 leaves of tulsi leaves (herbal medicinal plant from India)-if available

2-3 green tea leaf strands (if available)

Use  $\frac{1}{2}$  teaspoon of the following mixture created by mixing the following:

#### (Ingredients:

$\frac{1}{4}$  teaspoon of powdered cardamom

$\frac{1}{4}$  teaspoon of powdered black pepper

$\frac{1}{4}$  teaspoon of powdered cloves

$\frac{1}{4}$  teaspoon of powdered ginger)

#### **Method of preparation:**

Mix all ingredients in a pot

Boil for about five-six minutes on medium heat until golder or yellowish golden brown.

Stir gently while boiling.

Strain in a tea/coffee cup and enjoy luke warm.

#### **Benefits:**

-Healthy, refreshing and energizing Drink.

-Increases digestive power

-Detoxifies and cleanses the internal systems.

#### **Best times:**

Morning and late afternoon

#### **Contraindication:**

Reduce the mixture quantity to  $\frac{1}{2}$  during summer months or skip hem completely.

#### **Variations:**

Add one regular or decaf tea bag to the boiling mixture for closer tea taste.

Enjoy.

Namaste

Pratibha

<http://aatmayog.com>