



## **Yogi Tea**

**Soothing, healing and delicious!**

10 oz. water  
4 cardamom pods  
3 whole cloves  
1 slice ginger root  
1 cinnamon stick  
1/4 teaspoon black tea  
1/2 cup milk

Boil spices in water for 10-15 minutes.  
Add black tea and steep for 2 minutes.  
Add milk, then reheat to boiling point.  
Remove immediately from heat and strain the tea.  
Sweeten with honey or maple syrup if desired.

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