



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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