

RECIPE - YOGI TEA

"Foods for Health & Healing", Yogi Bhajan PhD, Kundalini Research Institute, 1983

Yogi Tea is a delicious drink which acts as a mild stimulant. It is a healthful substitute for coffee or strong black tea. When regularly included in the diet, it helps to correct damage done to the nervous system by drugs. It will improve your memory, take away tiredness and depression. It gives you energy to achieve your goals. It is good for the blood, colon, nervous system and bones. It is both a remedy and a preventive measure for colds, the flu, physical weakness and diseases of the mucous membranes.

Make at least 4 cups at a time (1 cup is never enough!).

For 1 cup of Yogi Tea:

10oz	water
3	cloves
4	green cardamom pods
4	whole black peppercorns
½ stick	cinnamon
1 inch slice	ginger
¼ tsp	black tea
½ cup	milk (dairy or non-dairy)
	honey, to taste (optional)

Boil spices in water for 10-15 minutes. Add black tea and steep for 2 minutes. Add milk and reheat to boiling point, remove immediately from the stove and strain. Add honey to sweeten.

Black peppercorn: Blood purifier

Cardamom: Colon

And together they support the brain cells

Cloves: Nervous system

Cinnamon: Bones

Ginger: Flavor, strengthens nervous system, cold, flu, physical weakness

Milk: Aids in assimilation of spices and prevents irritation to the colon

Black tea: Acts as a catalyst for all other ingredients

NOTE: Black tea is necessary, herbal tea will not work in its place. Also Yogi Tea should always be served with milk!

YOGA&TEA
S • T • U • D • I • O