

RECIPE HERBAL TEA FOR 1 CUP:

- **Hot Tea with Milk:** Boil 1 cup of full cream milk. Add 1 spoon of Tea (spoon provided in the pack). A pinch of grated Ginger can be added. Boil for 2 minutes. Strain & serve Hot. Add sugar or honey or 1 or 2 sugar free tablets to make it tasty.
- **Hot Tea without Milk:** Boil 1 cup of water. Add 1 spoon of Tea (spoon provided in the pack). A pinch of grated Ginger can be added. Boil for 2 minutes. Add a few drops of Lemon juice. Strain & serve Hot. Add sugar or honey or 1 or 2 sugar free tablets to make it tasty.
- **Ice Cold Tea Milk shake:** Boil 1 cup of full cream milk. Add 1 spoon of Tea (spoon provided in the pack). A pinch of grated Ginger can be added. Boil for 2 minutes. Strain & cool. Shake in a blender mixer with ice added. Serve as ice cold shake. Add sugar or honey or 1 or 2 sugar free tablets to make it tasty.
- **Ice Cold Tea without Milk:** Boil 1 cup of water. Add 1 spoon of Tea (spoon provided in the pack). A pinch of grated Ginger can be added. Boil for 2 minutes. Strain & add to an ice filled glass to serve ice cold. Add sugar or honey or 1 or 2 sugar free tablets to make it tasty.

- **To make the tea you can take 1/2 cup of full cream milk and 1/2 cup of water**
- This tea can also be refrigerated for days.
- This tea with milk or without milk can also be boiled again.
- It will not lose its effect and taste.
- Rather the herbs release more juice over time, therefore becoming more effective.
- **Add sugar or honey or 1 or 2 sugar free tablets to make it tasty.**