

RECIPE WEIGHT LOSS 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 1 or 2 sugar free tablets to mask the bitter taste.
 - **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 1 or 2 sugar free tablets to mask the bitter taste.
 - **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 1 or 2 sugar free tablets to mask the bitter taste.
 - **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 1 or 2 sugar free tablets to mask the bitter taste.
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- **To make the tea take 1 cup of full cream milk.**
 - 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 1 or 2 sugar free tablets to make it tasty.**