



TULSI, GINGER, TURMERIC TEA

Vata ↓, Pitta ↑*, Kapha ↓

Makes: 4 cups

Prep Time: 5 minutes

Cook Time: 10 to 15 minutes

*Pitta types can utilize this tea during times of sickness as much as needed. If Pitta is in balance, they can enjoy this tea in moderation throughout the fall and winter seasons.

INGREDIENTS

- 4 cups of water
- 2 heaping tablespoons loose leaf tulsi tea
- 2 to 3 heaping teaspoons of fresh ginger, finely chopped or grated (substitute with 1 to 2 teaspoons dry ginger if needed)
- 1 teaspoon fresh turmeric, grated (substitute with 1/2 teaspoon turmeric powder if needed)
- Honey to taste (optional)

DIRECTIONS

1. Boil 4 cups of water in a sauce pan over high heat. Once boiling, reduce the heat to a simmer
2. Add the tulsi, ginger, and turmeric. Stir well. Place the lid on the pan, leaving a slight crack.
3. Let these herbs steep and simmer for at least 15 minutes. Steep longer for a stronger flavor and more powerful health benefits.
4. Strain the tea into a mug. Once the temperature has cooled a bit, add in the honey* to taste (about 1 teaspoon per eight ounce cup).
5. Drink 1 to 4 cups daily during times of illness, flu season, detoxification, weight loss, or poor circulation... Or simply enjoy this healing tonic as desired anytime during the colder days of the fall and winter seasons!

*Honey should never be cooked or heated above 110 degrees as this process changes the molecular structure of the honey and makes it a toxic, unrecognizable substance to the body.