



# AYURVEDIC HOT TODDY RECIPE

## INGREDIENTS:

- 4 cups of filtered water
- 1 lemon
- 3 cinnamon sticks
- 9-12 whole cloves
- 1 tsp cardamom pods, hulled (add a bit more for unhulled)
- 1 tsp freshly grated ginger (substitute with 1/2 tsp dry ginger if needed)
- Pinch of turmeric (freshly grated or dry powder will do)
- Small pinch of cayenne pepper (optional, omit for Pitta)
- 3-5 Saffron stigmas
- 2-3 tsp honey (to add only after the drink cools a bit)

## DIRECTIONS:

1. Bring the water to a boil in a medium sauce pan.
2. Once boiling, reduce the heat to a simmer and add in the cinnamon sticks, cloves, cardamom pods, saffron, fresh ginger, and cayenne pepper (optional). Simmer here for 15 minutes, or as long as desired.
3. After the spices are fully steeped, take off of the heat and let the infusion cool a bit before adding in the lemon and honey. This will preserve the enzymes in the lemon, the nutrients in the honey, and keep the honey from turning toxic to the body (honey should never be heated above 108-110 degrees, as this changes its molecular structure making it toxic to the system).
4. Once the tea has cooled, add in 2-3 tsp of honey and juice from the fresh lemon. Stir well.
5. Strain the tonic using a small strainer, cheese cloth, thin clean dish towel, or thick paper towel. Pour the spiced tea into large mugs.
6. Sip, enjoy, feel the blood start to pump, and the warmth flow through your body. The best time to enjoy this is in the winter months, after meals, or even as an energizing and detoxifying way to start your day!