



## HOT TODDY WINTER TONIC

Vata↓, Pitta↑\*, Kapha↓

**Makes:** 4 cups

**Prep Time:** 20 minutes

\*Pitta types can enjoy in moderation during the winter months, if the Pitta is not elevated.

### INGREDIENTS

- 4 cups water
- 3 cinnamon sticks
- 9 to 11 whole cloves
- 1/2 teaspoon cardamom pods, hulled (add a bit more for unhulled)
- 1 tablespoon grated or finely minced ginger (substitute with 1 teaspoon dry ginger)
- 1/8 teaspoon turmeric
- 3 to 5 saffron stigmas
- Small pinch of cayenne pepper (optional, omit for Pitta)
- 1/2 lemon, juiced
- 1 to 2 tablespoons honey

### 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, ginger, turmeric, saffron, and cayenne pepper (optional). Simmer here for 15 to 20 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 to 110 degrees, as this changes its molecular structure, making it toxic to the system).
4. Once the tea has cooled, add in 1 to 2 tablespoons of honey and juice from the fresh lemon. Stir well.
5. Strain the tonic using a fine strainer, cheese cloth, thin cloth, or thick paper towel. Pour the spiced tea into large mugs.
6. Sip and enjoy; feel the blood start to pump, and the warmth flow through your body. The best time to enjoy this tonic is after meals, between meals, or as an energizing and detoxifying way to start your day!