

## **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 water
- 2 tablespoons loose leaf tulsi tea
- 2 to 3 heaping teaspoons of fresh ginger, finely grated (substitute with 1 to 2 teaspoons dry ginger)
- 1/2 teaspoon turmeric powder
- Honey to taste

### **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, grated ginger, and turmeric. Stir well.
3. Let these herbs steep for 10 to 15 minutes.
4. Strain the tea into a mug. Once the temperature has cooled a bit, add in the honey\*\* to taste (1 to 2 teaspoons per 8 ounce cup).
5. Sip slowly while you bundle up by the fire and daydream... Or any other way you wish to enjoy this healing tonic!

\*\*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.