

### 1. Masala Chai Tea:

#### Ingredients:

- 2 cups water
- 2 cups milk (whole milk or your choice of milk)
- 4-5 black tea bags or 2 tablespoons loose black tea leaves
- 4-5 green cardamom pods, crushed
- 1-inch fresh ginger, grated
- 4-5 cloves
- 1-2 cinnamon sticks
- 2-3 tablespoons sugar (or to taste)

#### Instructions:

1. In a saucepan, bring water to a boil.
2. Add crushed cardamom pods, grated ginger, cloves, and cinnamon sticks. Let it simmer for 5 minutes to infuse the spices.
3. Add tea bags or loose tea leaves. Simmer for another 5 minutes.
4. Add milk and sugar. Simmer for additional 5 minutes, stirring occasionally.
5. Strain the tea into cups and serve hot. Enjoy the aromatic and flavorful masala chai!

### 2. Iced Peach Green Tea:

#### Ingredients:

- 4 green tea bags
- 4 cups hot water
- 2 ripe peaches, peeled, pitted, and sliced
- 2-3 tablespoons honey or agave syrup
- Fresh mint leaves, for garnish
- Ice cubes

#### Instructions:

1. Steep green tea bags in hot water for 3-5 minutes. Remove the tea bags and let the tea cool to room temperature.
2. In a blender, puree the sliced peaches until smooth.
3. Mix the peach puree with the cooled green tea. Add honey or agave syrup and stir until well combined.
4. Refrigerate the tea for at least 1 hour to chill.
5. Serve the iced peach green tea over ice cubes. Garnish with fresh mint leaves. Refreshing peach green tea is ready to enjoy!

### 3. Lemon Ginger Herbal Tea:

#### Ingredients:

- 2 cups water
- 1 lemon, sliced
- 1-inch fresh ginger, thinly sliced

- 2-3 tablespoons honey or maple syrup (or to taste)
- Fresh lemon balm leaves or mint leaves, for garnish

Instructions:

1. In a saucepan, bring water to a boil.
2. Add lemon slices and fresh ginger. Let it simmer for 5-7 minutes to infuse the flavors.
3. Remove from heat and stir in honey or maple syrup until dissolved.
4. Strain the tea into cups and garnish with fresh lemon balm leaves or mint leaves.
5. Enjoy the soothing and zesty lemon ginger herbal tea!

Feel free to adjust the sweetness and spice levels according to your taste preferences. Enjoy your tea time!