

# Vata Balancing Winter Tea

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**Prep: 5   Cook: 10   Rest: 0   Servings: 1**

## Ingredients

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- 1 small ▶ Cinnamon stick
- 5 corns ▶ Black peppercorns
- 1 cup ▶ Water
- 3 pods ▶ Cardamom pods
- 1 tbs ▶ Dried rose petals
- 1 inch ▶ Ginger
- 2 cloves ▶ Cloves
- 1 tsp ▶ Honey (optional)

## Instructions

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### 1. Add Spices

Add the ginger, cinnamon stick, cardamom pods, cloves, and black peppercorns to the boiling water.

### 2. Strain and Sweeten

Strain the tea through a fine-mesh sieve into a mug. Add honey to taste, if desired.

### 3. Boil Water

Bring 1 cup of water to a boil in a small saucepan.

### 4. Add Rose Petals

Stir in the dried rose petals and simmer for another minute.

## 5. Simmer

Reduce heat to low and simmer for 8 minutes, allowing the spices to infuse the water. This will create a flavorful and aromatic base for your tea.

Source: <https://youtu.be/Ilp7N1fUwgc?si=Y3AYPYltD-CMKv12>