

# Herbal Tea

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**Prep: 5   Cook: 5   Rest: 3   Servings: 1**

## Ingredients

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- 5 ▶ Tulsi Leaves (Holy Basil)
- ½ ▶ Ginger
- 1 inch ▶ Cinnamon Stick
- 1 tsp ▶ Lemon Juice (optional)
- 1 cup ▶ Water
- 1 tsp ▶ Jaggery Powder (optional)
- 5 ▶ Curry Leaves
- 3 ▶ Cardamom

## Instructions

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### 1. Boil Water

Bring 1 cup of water to a boil in a vessel over medium heat.

### 2. Strain and Sweeten

Strain the tea, pressing the mixture to extract all the flavor. Add 1 teaspoon of jaggery powder (optional) and mix well. Add 1 teaspoon of lemon juice (optional).

### 3. Prepare Spice Mixture

Lightly crush 5-6 curry leaves, 5 tulsi leaves, a small piece of ginger (smaller than 1/2), a 1-inch piece of cinnamon stick, and 3 cardamoms. Do not grind too finely; a coarse grind is sufficient.

### 4. Serve

Serve the herbal tea hot.

#### **5. Simmer Spices**

Add the spice mixture to the boiling water. Stir once and turn off the heat. Cover and let it steep for 2-3 minutes.

*Source:* <https://youtu.be/GM2dUT5DQPE>