

Herbal Tea

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Prep: 5 Cook: 10 Rest: 0 Servings: 2

Ingredients

- 2 cup ▸ Water
- 6 nos ▸ Mint leaves
- 1 tsp ▸ Tea powder (optional)
- ½ inch ▸ Cinnamon (optional)
- 1 inch ▸ Ginger
- 6 nos ▸ Tulsi leaves
- ½ ▸ Lemon (optional)
- 2 tsp ▸ Sugar (optional)
- ½ tsp ▸ Ajwain (optional)
- ▸ Honey (optional)
- 1 cup ▸ Milk (optional)
- 1 no ▸ Cardamom (optional)

Instructions

1. Crush Ingredients

Crush the ginger, ajwain (if using), cinnamon (if using), and cardamom (if using).

2. Boil Water

Boil water in a pot. Add crushed ingredients.

3. Strain

Strain the tea and add honey and/or lemon to taste.

4. Simmer

Simmer for 5 minutes. Add mint and tulsi leaves.

5. Add Milk & Sugar (Optional)

For tea with milk, add milk, tea powder, and sugar during simmering and repeat step 4.

Source: <https://youtu.be/sDhc5sW8W9Y>