

Immunity Booster Herbal Tea

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Prep: 5 Cook: 15 Rest: 0 Servings: 4

Ingredients

- 2 inch ▶ Ginger
- 2 inch ▶ Cinnamon Stick
- 7 ▶ Black Peppercorns
- 4 ▶ Holy Basil Leaves (Tulsi)
- 8 ▶ Raisins
- 7 ▶ Cloves
- ½ tsp ▶ Turmeric Powder
- ▶ Lemon Drops (optional)
- 4 cup ▶ Water
- 1 ▶ Bay Leaf
- 4 ▶ Green Cardamom
- 1 tbs ▶ Jaggery

Instructions

1. Prepare Ginger

Peel and roughly chop 2 inches of fresh ginger. Tip: Ginger is known for its immunity-boosting properties due to its anti-inflammatory and antioxidant effects.

2. Simmer

Simmer the tea on low flame until the quantity reduces by half. Tip: This tea also soothes coughs and colds.

3. Add Ingredients

Add the crushed ginger, raisins, cinnamon stick, bay leaf, cloves, crushed black peppercorns, green cardamom, turmeric powder, and holy basil leaves to the boiling water. Tip: Each ingredient offers unique immune-boosting benefits.

4. Strain and Serve

Strain the tea and pour into cups. Add a few lemon drops for extra taste and Vitamin C. Tip: Enjoy the tea hot or warm for the best effect.

5. Boil Water

Put 4 cups of water in a saucepan and bring to a boil.

6. Add Jaggery

Add 1 tbsp of jaggery powder and stir well to dissolve.

Source: <https://youtu.be/lc7XvYAOq-Q?si=VUCPmgs10AT-hlY->