

# Nourishing Tea-Time Recipes

E-Book by Lisa Guy, ND.





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Bodhi Mother's Milk

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## About the Author



Lisa a well-respected Sydney based naturopath is the founder of Bodhi Organic Tea, a premium Australian certified organic herbal tea company.

Lisa has created beautiful unique tea blends, not only delicious but also naturopathically formulated to promote optimal health and wellbeing.

Additionally, Lisa has a passion for cooking wholesome natural foods. She loves developing delicious healthy

sugar-free and gluten-free recipes the whole family can enjoy.

This Nourishing Tea-Time Treats e-book is filled with Lisa's favourite recipes for scrumptious cakes, cookies, mouth-watering slices and smoothies, which have been paired beautifully with a Bodhi Organic Tea. All these recipes are made with only highly nutritious natural ingredients to promote better health.

Lisa is an avid health writer and regular contributor to leading magazines and newspapers including the Telegraphs Body and Soul, WellBeing, EatWell and Nurture. She is frequently quoted in Australian publications and in the media promoting the natural way to better health. Lisa is also the author of 5 books including, *My Goodness: all you need to know about children's health*, *Pregnancy Essentials*, *Heal Yourself*, *Listen to your Body*, and *The Healthy Skin Diet*.



## Nourishing Pantry Essentials

Here's a list of the main nourishing ingredients you will need to make the delicious wholesome recipes in this e-book.

### Cold pressed coconut oil:

This super versatile oil should be a pantry staple. Coconut oil is one of most stable oils to cook with. You can use it in place of other oils or butter in baked goods, or use it to make delicious raw desserts. Coconut oil is rich in beneficial fats that are an excellent energy source. It also helps support healthy immune function, and it can assist with weight loss as it's a thermogenic food that can give your metabolism a boost.

### Raw nuts and seeds:

Keep a variety of raw nuts and seeds in your kitchen, including almonds, walnuts, cashews, Brazil, pistachios, chia seeds, pepitas, sunflower and hemp seeds. Studies have shown that eating a handful (30g) of nuts daily can significantly reduce your risk of heart disease. Nuts and seeds contain healthy monounsaturated and polyunsaturated fats including omega-3 fats that can help regulate cholesterol levels, support optimal brain function and immune health. They are an excellent source of protein, magnesium, zinc, and calcium. Brazil nuts are a particularly good source of the antioxidant mineral selenium. Pistachios act as a prebiotic, helping feed and enhance the growth of beneficial bacteria in the digestive tract. Try adding nuts and seeds to muesli, porridge, smoothies, baked goods and raw desserts.

### Organic cage-free eggs:

Not only will you notice that organic cage-free eggs taste better but they are also richer in certain nutrients such as vitamins A, E and omega-3's. These eggs come from chickens that are allowed to roam free and are treated humanely. They are not given antibiotics, steroids or growth hormones and are fed pesticide-free feed. You owe it to your health to spend extra on good quality eggs.

### Unsweetened Coconut (shredded and flour):

Coconut flour contains very high levels of dietary fibre, almost double that of wheat bran. Adding coconut flour to your diet can help reduce your risk of heart disease, lower cholesterol levels and help protect against cancer and type-2 diabetes.

### Raw Cacao (powder and nibs):

Chocolate when in its raw cacao form has many wonderful health benefits including promoting heart and cardiovascular health. Polyphenols in cacao can prevent bad 'LDL' cholesterol from clogging up arteries, lower total cholesterol and reduce blood



pressure. Including cacao in the diet can also help keep your blood sugar levels balanced due to it being one of the richest sources of magnesium and chromium. Cacao also contains theobromine that boosts endorphins, which are the brain's pleasure chemicals - the same ones that are released when you are in love. Raw cacao is perfect for smoothies, cakes, raw desserts and healthy hot chocolate.

#### **Carob Powder:**

Carob powder is a great caffeine-free alternative to raw cacao. Carob is a good source of calcium, phosphorus and magnesium to help promote healthy bones. Carob also contains protective antioxidants, vitamin E and dietary fibre. Carob powder can be used in place of cacao powder in cakes, desserts and smoothies.

#### **Medjool dates:**

Dates have been a staple in the Middle East for thousands of years. Medjool dates (fruits of the date palm tree) are a great natural sweetener for baked goods, smoothies and raw desserts. Medjool dates are large, soft, with a sweet caramel like flavour. Medjool dates are high in insoluble and soluble fibre which helps decrease cholesterol levels, making them a heart healthy food. They also have a natural laxative effect making them a good choice for helping keep you regular. Dates are naturally high in calcium and phosphorus which helps promote strong healthy bones. Remember to remove the pit before you use them.

#### **Unhulled tahini:**

Tahini is a paste made from sesame seeds. Tahini is packed with essential nutrients. Unhulled tahini is made from whole sesame seeds, making it a healthier choice compared to hulled tahini which has had many of its nutrients stripped. Unhulled tahini is a good source of methionine, an amino acid important for liver detoxification. It is packed with calcium and protein, vitamin E and beneficial unsaturated fats.

#### **Raw honey and 100% maple syrup:**

Used in small amounts unrefined sweeteners like raw honey and maple syrup are good alternatives to refined sugar. They naturally contain beneficial nutrients, antioxidants and enzymes, compared to sugar which has no nutritional goodness. When honey is pasteurized or heated, to make it more shelf stable, a lot of the goodness is also destroyed. 100% maple syrup, which is the sap from the maple tree, is a good vegan alternative to raw honey in recipes. Go for a good quality syrup, the darker the better. Maple syrup and raw honey have lower glycemic indexes compared to sugar (30: raw honey, 54: maple syrup, 64: sugar). This means they have less of an effect on blood sugar levels.

#### **Whole oats:**

Oats are a super healthy and versatile food that you should stock in your kitchen. Use them to make porridge, muesli or Bircher, muffins, biscuits, or crumbles. Oats are a fabulous source of fibre to help lower cholesterol levels, as well as vitamin E, B vitamins, and slow release complex carbohydrates for sustained energy. Choose whole oats over quick oats that have had a lot of its fibrous coating removed.

#### **Vanilla bean paste:**

Vanilla comes from the native American plant, the vanilla orchid. Vanilla paste is made by scraping the beans out of the vanilla pod and mixing them in an alcohol based syrup. Vanilla paste can be substituted exactly for vanilla extract. The vanilla bean specks look lovely through ice creams, and desserts, and they smell incredible.

#### **Ground cinnamon:**

True cinnamon or Ceylon cinnamon (*Cinnamomum Zeylanicum*) is a beautiful warming herb that helps stimulate digestion and appetite. It can help soothe an upset stomach, relieve indigestion, excess wind, and nausea, and is beneficial for alleviating diarrhoea. Cinnamon has been found to help keep blood sugar levels balanced and improve insulin's efficiency, making it an ideal spice for diabetics. Cinnamon is also very high in glutathione, the body's major antioxidants. Cinnamon is also beneficial for enhancing circulation. Choose a good quality true cinnamon over the poorer quality cassia (Chinese) variety, which has a spicier, bitter flavour.

#### **Green leafies:**

Green leafy vegetables like kale and baby spinach are a good source of iron to bolster your immune system, along with promoting red blood cell production and the transport of oxygen around the body. Green leafies are jam-packed with beta-carotene (pro-vitamin A). This important vitamin acts as a potent antioxidant and helps reduce inflammation in the body, while supporting eye health and vision. Kale is a super green leafy vegetable, belonging to the brassica family. Kale contains high levels of sulfur compounds essential for liver detoxification of carcinogenic compounds.

#### **Note:**

Buy organic when you can, especially eggs, and thin skinned fruits like berries that can absorb pesticides more readily. The less pesticides and other chemicals your liver has to deal with the better.

# Nourishing Tea-Time Recipes & Tea Pairing





## Raw Caramel Slice

### Ingredients:

#### BASE

1 cup medjool dates, pits removed  
1 cup whole almond

#### FILLING

1 cup medjool dates, pits removed  
½ cup tahini  
¼ cup 100% maple syrup  
¾ cup raw cashews, soaked in water for 3 hours  
½ cup cold pressed coconut oil

#### Method:

- Place all base ingredients in your food processor and blend until well combined.
- Press base into a square slice tin around 20cm x 20cm, lined with baking paper.
- Place base in the freezer while you make the filling.
- To make the filling place dates, tahini, maple syrup, cashews (drained) and coconut oil in your food processor and blend well until its smooth and creamy.
- Pour onto your base and spread evenly with a knife. Place in the freezer for 40 mins.
- To make the chocolate topping place coconut oil, maple syrup and cacao powder in a small saucepan and heat over low heat and stir until well combined.
- Pour topping over the filling and put it back in the freezer to set.
- When your slice is set slice it into squares. Keep your slice in an airtight container in the fridge.

**TIP:** To cut your slice neatly so your chocolate doesn't crack, remove your slice from the freezer 5 minutes before you're ready to slice it. Use a thin sharp knife and run it under warm water first. Wipe it clean and cut your slice quickly. Make sure knife is not too hot or your chocolate and caramel will run. Wipe it clean in between each slice.

### TEA PAIRING:

**Bodhi Organic Masala Chai** goes beautifully with this raw caramel slice. Masala Chai is made up of lovely warming herbs and spices to help stimulate digestion, balance blood sugar levels and improve circulation.



## Almond Oat Cookies

**Ingredients:**

1½ cups of whole or rolled oats  
½ cup of whole almonds + 12 extra for topping  
½ cup shredded dried coconut  
2 tablespoons organic raw honey or maple syrup  
½ teaspoon of ground cinnamon  
1 teaspoon of vanilla paste or extract  
2½ tablespoons of cold pressed coconut oil  
1 tablespoon of water

**Method:**

- Preheat your oven to 150°C.
- Place oats, coconut and almonds in your food processor and mix until combined.
- Add in the honey, coconut oil, vanilla and cinnamon and mix until well combined.
- Add the water and mix again.
- Place cookie mixture on an oven tray with baking paper. Use around a tablespoon of mixture for each cookie.
- Flatten down your cookies and then place an almond in the middle of each, pushing it down a little.
- Bake your cookies for around 35 minutes.
- Allow them to cool before enjoying.

**TEA PAIRING:**

**Bodhi Organic SereniTEA** pairs perfectly with these almond oat cookies. SereniTEA is made up of fabulous nervous system calming herbs to help ease anxiety.



# Raw Berry Cheesecake

## Ingredients:

### FILLING

2 cups raw cashew nuts, soaked overnight  
2 tablespoon coconut oil, melted  
¾ cup coconut milk  
3 tablespoon 100% maple syrup  
1 teaspoon vanilla bean paste  
Juice of lemon  
¾ cup fresh blueberries  
¾ cup raspberries

### BASE

½ cup whole almonds  
¼ cup desiccated coconut  
¾ cup medjool dates, pit removed

## Method:

- Soak cashew nuts overnight in water.
- Place dates, almonds, and coconut in your food processor, then pulse until well combined, with some small pieces of almond through it.
- Press date mixture into a cheesecake tin, lined with baking paper. Then place base in the freezer while you are making the filling.
- In your food processor place drained cashews, coconut oil, coconut milk, maple syrup, vanilla bean paste, and lemon juice, and blend until you have a smooth and creamy consistency.
- Pour half of the mixture over the base, spreading it out evenly.
- Place raspberries evenly over the filling, pressing them into mixture.
- Add blueberries to food processor and blend with the remainder of your filling mixture.
- Pour blueberry filling over your raspberry layer then place it in the freezer for 3 hours. Take your cheesecake out of the freezer 20 min before serving.
- Serve topped with fresh berries, almonds, coconut flakes, mint or you can make a raspberry coulis to drizzle over the top.

## TEA PAIRING:

**Bodhi Organic VitaliTEA** goes beautifully with this raw berry cheesecake. VitaliTEA is made up of highly effective adrenal tonic herbs that help your body deal with stress in a healthier way, while boosting your vitality.



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# Macadamia & Cacao Chip Cookies

**Ingredients:**

1½ cup hazelnut meal  
½ teaspoon baking powder (gluten-free)  
1 teaspoon ground cinnamon  
1 teaspoon vanilla bean paste  
2 tablespoons cold pressed coconut oil  
3 tablespoons raw honey  
1 tablespoon nut butter (almond, peanut, cashew, macadamia nut)  
1 organic egg  
1 heap tablespoon cacao nibs  
2 tablespoon cup roughly chopped macadamia nuts

**Method:**

- Preheat your oven to 160°C.
- Place all ingredients (except cacao nibs and chopped hazelnuts) into your food processor and blend until combined.
- Stir through cacao nibs and chopped hazelnuts.
- Spoon out a heap tablespoon of mixture and then flatten them on a baking tray lined with baking paper.
- Bake your cookies for 15 minutes, then take them out of the oven and press them down with a fork to flatten them.
- Put them back in the oven for another 10 minutes until they start to go golden.
- Allow your cookies to cool before eating.

Makes 10 cookies.

**TEA PAIRING:**

Try our Bodhi Organic ViridiTEA with these Macadamia & cacao chip cookies. ViridiTEA is our green tea blend, loaded with protective antioxidants. Drinking green tea can help lower cholesterol levels, speed up the metabolism and can help promote better liver health.



# Gluten-free Banana & Walnut Bread

## Ingredients:

3 medium ripe bananas  
3 organic eggs  
2 tablespoons raw honey  
1 teaspoon vanilla bean paste  
 $\frac{1}{4}$  cup cold pressed coconut oil  
 $\frac{1}{2}$  teaspoon baking soda  
1 tablespoon lemon juice  
2 cups almond meal  
 $\frac{1}{4}$  cup chia seeds  
Walnuts for topping

## Method:

- Preheat your oven to 160°C and line a square baking tin with baking paper.
- Combine your bananas, honey, coconut oil, vanilla, eggs, bicarb and lemon juice in your food processor.
- Add the almond meal and flaxseed and mix well.
- Pour your batter into the tin, decorate with walnuts and bake for 1 hour until a skewer comes out cleanly from the centre.
- Remove from the oven and allow it to cool before removing it from the tin.
- Drizzle with a little honey to serve.

## TEA PAIRING:

**Bodhi Organic HonesTEA** goes a treat with this gluten-free banana and walnut bread. HonesTEA is our beautiful English breakfast tea. Drinking around 3 cups of black tea daily has been shown to help support cardiovascular health by improving cholesterol levels, decreasing triglycerides and boosting antioxidant levels.



## Pineapple & Kiwi Green Tea Smoothie

**Ingredients:**

1½ cup fresh pineapple pieces  
1 kiwi  
1 packed cup of baby spinach  
1 large kale leaf, rib removed  
Small handful of fresh mint  
1 small cucumber  
1 cup chilled Bodhi Organic ViridiTEA (green tea)  
Handful of ice

**Method:**

- Blend all ingredients until well combined.
- Pour into 2 glasses and top with some fresh mint and diced kiwi.

**ViridiTEA** is our award winning green tea. Green tea is packed with protective antioxidants. Drinking green tea has been shown to help encourage weight loss by increasing metabolism and fat burning.





# Chocolate & Raspberry Coconut Cakes

**Ingredients:**

½ cup coconut flour  
2½ teaspoon baking powder (gluten-free)  
Pinch sea salt  
6 organic eggs  
¼ cup raw honey  
⅓ cup cold pressed coconut oil  
1 tsp vanilla bean paste  
¼ cup raw cacao powder  
1 cup raspberries, frozen or fresh, extra for topping

**Method:**

- Preheat your oven to 160°C. Place muffin cases in a muffin tray.
- Place all ingredients in your food processor (except raspberries) and blend until well combined.
- Gently stir through your raspberries.
- Pour the mixture into the muffin cases and place 2-3 raspberries on top of each cake.
- Bake your cakes for around 30 minutes, or until a skewer comes out cleanly from the centre.
- Allow the cakes to cool before eating.

Makes 10 mini cakes.

 **TEA PAIRING:**

Our Bodhi Organic Black BeauTEA (French Earl grey) is a perfect choice to go with these chocolate and raspberry coconut cakes. Earl Grey is rich in potent antioxidants that neutralise cell damaging free radicals that increase the risk of chronic diseases.



## One Mug Blueberry Chocolate Muffin

**Ingredients:**

½ teaspoon vanilla bean paste  
1 tablespoon raw cacao powder  
1 tablespoon coconut flour  
2 heap tablespoon almond flour  
1 tablespoon 100% maple syrup or raw honey  
½ teaspoon baking powder (gluten-free)  
1 organic egg  
2 tablespoons mashed ripe banana  
2 tablespoons coconut milk  
¼ cup blueberries  
Top with some blueberries and raw cacao nibs

**Method:**

- Preheat your oven to 180°C.
- Combine all ingredients in a bowl, except blueberries. Mix until well combined.
- Fold through your blueberries, leaving some for your topping.
- Pour your muffin mixture into a large oven safe mug.
- Place your muffin in the oven for 15-18 minutes, until a skewer comes out cleanly from the centre.
- Serve warm, topped with some blueberries and cacao nibs.

Serves 1.

 **TEA PAIRING:**

Bodhi Organic Masala Chai is a great choice to enjoy with this one mug blueberry chocolate muffin. Masala Chai is made up of lovely warming spices including ginger, cinnamon, cardamom and aniseed that help ease digestive symptoms.



## Warming Quinoa Chai & Pear Porridge

### Ingredients:

1 cup quinoa, rinsed well  
1½ cups milk of choice  
½ cup water  
1 tablespoon raw honey  
½ teaspoon vanilla bean paste  
2 tablespoon **Bodhi Organic Masala Chai**  
Handful crushed walnuts  
1 organic pear, sliced with skin left on

### Method:

- In a small saucepan place milk, water, chai tea leaves and brew for 5 minutes.
- Strain your tea and return your chai infused milk back into the pan.
- Add the quinoa and vanilla bean and cook for 14 minutes, until all the milk has been absorbed and quinoa cooked through.
- Stir through your honey and serve with a sliced pear and walnuts.

Masala Chai contains cinnamon which has been found to help keep blood sugar levels balanced, making it an ideal spice for diabetics.

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## Strawberry & Passionfruit Almond Pancakes

### Ingredients:

3 organic eggs  
 $\frac{3}{4}$  cups coconut milk  
1 teaspoon baking powder (gluten-free)  
1 teaspoon vanilla bean paste  
2 cups almond meal  
 $\frac{3}{4}$  cups finely chopped strawberries, extra for topping  
Coconut yoghurt  
2 passionfruit  
Handful chopped almonds

### Method:

- In a medium bowl whisk eggs, vanilla paste and coconut milk together.
- In another bowl combine almond meal and baking powder. Make a well in your dry ingredients and pour the egg mixture into the centre, stirring gently until combined.
- Now gently fold through your strawberries.
- In a fry pan over medium heat with some coconut oil, add spoonfuls of mixture into your pan. Cook for a few minutes and then flip and cook the other side.
- Stack your pancakes and top with yoghurt, passionfruit, strawberries and chopped almonds.

Makes 8 medium pancakes.

### TEA PAIRING:

Bodhi Organic Black BeauTEA (French Earl grey) pairs nicely with these tasty strawberry & passionfruit almond pancakes. Black tea contains L-theanine, an amino acid that can help you relax and improves concentrate.



## Chocolate & Cranberry Fudge

**Ingredients:**

90g raw cashew nuts  
14 medjool dates, pits removed  
 $\frac{1}{4}$  cup raw cacao powder  
Handful dried unsweetened cranberries, roughly chopped  
Handful pistachios or almonds, roughly chopped  
Rose petals for topping (optional)  
150g good quality dark chocolate

**Method:**

- Place cashews, dates, and cacao powder in your food processor and blend until well combined.
- Cover a chopping board with baking paper and place your fudge mixture into the centre. Cover with another piece of baking paper and use a rolling pin to flatten out the mixture to your desired thickness.
- Using a fork press in the edges so they are square and then top with cranberries, pistachios, and rose petals and drizzle with melted dark chocolate.
- Keep your fudge in the freezer until you are ready to serve. Cut into squares and enjoy.

Serves 6-8.

 **TEA PAIRING:**

Bodhi Organic LongeviTEA goes beautifully with this raw chocolate & cranberry fudge. LongeviTEA is rich in antioxidants that help reduce the risk of chronic disease, boost immune function and promote healthy skin.



## Mango, Turmeric & Ginger Smoothie

**Ingredients:**

1½ cups frozen mango pieces  
Juice 1 small lime  
1 cup chilled **Bodhi Organic ZesTEA**  
Small handful pepitas  
¼ teaspoon turmeric powder

**Method:**

- When making your tea, use 1 heap teaspoon of Bodhi Organic ZesTEA and allow it to steep in 1 cup of boiling water for 10 minutes. Place it in the fridge to cool.
- Place all ingredients into your blender, and blend until well combined.
- Pour into a tall glass and enjoy.

Makes 1 large smoothie.

Our Bodhi Organic ZesTEA contains the super spice turmeric which contains high levels of the antioxidant curcumin, which offers outstanding anti-inflammatory, anti-cancerous, and anti-aging properties.

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# Bodhi Organic Tea Range

## Wellness Range



### **ViridiTEA** (Protective)

A hint of jasmine gives this delicately-flavoured **green tea** blend a unique freshness and vitality.

**100% certified organic sencha green tea and jasmine green tea.**

Our beautiful award winning green tea blend is made with antioxidant rich green tea that helps boost metabolism, and reduces the risk of chronic diseases such as cancer, heart disease and type-2 diabetes. This tea has no bitter after taste.

Sourced from organic tea farms in China.



### **SereniTEA** (Calming)

This is a wonderfully soothing **chamomile** tea with delicate, earthy and floral notes. Touches of lemon and spearmint give a delightful freshness to the palate.

**100% certified organic chamomile, spearmint, lemon verbena, lavender and lemon balm.**

This lovely calming tea is made with herbs that calm the nervous system and allow the mind and body to relax.

Sourced from organic farms in Germany, China and Egypt.



### **ImmuniTEA** (Defence)

A protecting, rejuvenating and healing tea with a lovely light earthy flavour with hints of **mint and lemongrass**, ideal for anytime of the day.

**100% certified organic Echinacea, spearmint, elderflower, ginger root, elderberry and lemongrass.**

Our immune boosting tea is made with immune strengthening herbs that help bolster our immune defences to fight off colds and flu and other infections.

Sourced from organic farms in Nepal, Bulgaria, Germany, Hungary and Egypt.



### **Mother's Milk Tea** (Breast Feeding)

This nourishing tea for mothers is made with herbs traditionally used to help enhance breast milk production.

**100% certified organic fenugreek, fennel, raspberry leaf, alfalfa, lemon verbena and nettle.**

Sourced from organic farms in Croatia and Egypt.



### VitaliTEA (Revitalising)

An invigorating tea, exceptionally uplifting with its fresh **minty** taste and soft orange and ginger undertones.

**100% certified organic peppermint, spearmint, ginger, sweet orange peel, withania, Siberian ginseng and bacopa.**

This fabulous minty tea contains powerful adrenal tonic herbs that support adrenal function so your body can deal with stress in a healthier way.

It's great for boosting vitality and energy and ideal for tired and stressed individuals.

Sourced from organic farms in India, China, Nepal, Ghana and Egypt.



### PuriTEA (Detoxing)

This delicious cleansing tea has fresh grassy notes with delicate **floral and berry** undertones; perfect for anytime of the day.

**100% certified organic schisandra, calendula flowers, dandelion root, nettle, and cleavers.**

This fantastic cleansing tea is made with cleansing and liver tonic herbs which enhance liver detoxification and assist with removal of toxins from the body.

Sourced from organic farms in Egypt, Poland and China.



### LongeviTEA (Antioxidant)

A perfect antioxidant tea blend of sweet and tartness to delight and enliven the senses.

This ruby red tea is refreshing with subtle **fruity** undertones.

Perfect served hot or as an iced tea with fresh lime or citrus fruits.

**100% certified organic hibiscus, rosehip, apple, white tea and goji berries.**

This is our super award winning antioxidant tea, made with herbs abundant in powerful antioxidants and vitamin C, which promote healthy skin, and reduce the risk of premature ageing and chronic diseases like cancer, and heart disease.

Sourced from organic farms in South Africa, Germany, China and Egypt.



### ZesTEA (Invigorating)

This fresh **ginger and lemongrass** tea is vibrant and uplifting with a delightful harmony of lemon myrtle and zesty lemon.

**100% certified organic ginger, lemongrass, lemon peel, turmeric, and lemon myrtle.**

This tea contains the super herbs ginger and turmeric, both powerful anti-inflammatories and antioxidants. Turmeric also has liver protective effects. A great tea during winter to boost immunity and soothe sore throats.

Sourced from organic farms in Australia, Nepal, Ghana and Egypt.



### TranquiliTEA (Sleep)

A comforting night-time tea with a smooth subtle sweetness and soothing licorice after taste.

**100% certified organic licorice, aniseed, fennel, valerian, and passionflower.**

Our gorgeous sleep time tea is made with nervous system calming herbs that help the mind and body relax to promote a better night sleep. It has a delightful sweet licorice after taste.

Sourced from organic farms in Italy, Netherlands and Egypt.

## **Traditional Blacks**



### Masala Chai (Spiced Tea)

A delicate blend of medium-bodied black tea and rich aromatic spices, with earthy cinnamon highlights. This really is the perfect chai tea.

**100% certified organic cinnamon, black tea, ginger, cloves, cardamom, and aniseed.**

This beautiful chai contains plenty of lovely cinnamon chips and other warming herbs that help stimulate circulation, support healthy digestion and help balance blood sugar levels.

Sourced from organic farms in Nepal, Sri Lanka, Guatemala and Egypt.

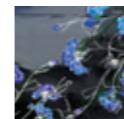


### HonesTEA (English Breakfast)

A beautiful classic full-bodied black tea, made from the highest quality whole leaf Sri Lankan tea. A delightful breakfast tea that can be enjoyed anytime of the day, on its own or with milk or lemon.

**100% certified organic Sri Lankan black tea.**

Sourced from organic farms in Sri Lanka.



### Black BeauTEA (French Earl Grey)

A fragrant, French inspired Earl Grey of traditional bergamot infused with fruity and floral notes.

**Certified organic Earl Grey, mango, sweet orange peel, rose petals, and cornflower blue petals.**

Made with herbs high in protective antioxidants that destroy damaging free radicals in the body, while having a calming and mood balancing effect.

Sourced from organic farms in South India, Sri Lanka, Ghana, Pakistan and Albania.



## Bodhi Organics Pty Ltd.

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