



BRYAN'S
CURE-FOR-TURKEY-COMA

INVIGORATING yogi tea

"Yogi Tea is a traditional tea from India that is made with a combination of warming spices that enhances digestion, increases circulation, and supports the immune system. This recipe was passed on to me from my nutrition and herbal medicine mentor several years ago. It is a staple in my family as we get into fall and approach the winter months to keep us energized and avoiding lethargy."
— Bryan, Creative Team

YIELD: 1 serving

INGREDIENTS

- 10 oz water
- 3 whole cloves
- 4 whole green cardamom pods
- 6 whole black peppercorns
- ½ stick cinnamon
- ¼ tsp of any black tea
- Slices of fresh ginger root (optional)
- ½ cup skim or low-fat milk
- Honey to taste

MATERIALS

- Small pot
- Knife

INSTRUCTIONS

1. For each 8 oz cup, start with 10 oz of water. For convenience, make at least four cups at one time and store in refrigerator for reheating.
2. For each cup of boiling water add 3 whole cloves, 4 whole green cardamom pods, 6 whole black peppercorns, and ½ stick cinnamon.
3. Boil for 20-30 minutes, then add ¼ teaspoon of any black tea.
4. Let sit for one or two minutes, then add ½ cup skim or low-fat milk.
5. Reheat. Strain and serve with honey to taste.

TIPS AND TRICKS

Slices of fresh ginger root may be included for their delicious taste and because ginger is helpful when you are suffering from a cold, recovering from the flu, or have digestive or arthritis symptoms.

*These statements have not been evaluated by the Food and Drug Administration. This recipe is not intended to diagnose, treat, cure or prevent any disease.