

AGNI TEA

Agni means fire, one of the five elements in the body which denotes digestive fire which regulates temperature, performs digestion, absorption, and assimilation of ingested food, and transforms food into energy or consciousness.



Agni Tea helps to regulate and stimulate digestive capacity, improving all the functions of digestive agni.

Ingredients

- 2 cups water
- A pinch cayenne pepper
- 1 teaspoon grated fresh ginger
- Pinch of salt

Preparation

Bring all of the above ingredients to a boil. Boil for 20 minutes. Take the pot off the burner and cool for a few minutes. Add the juice of 1/2 lime. Do not boil the lime juice. Pour into a thermos and enjoy throughout the day.

DOSHA TEA

Use churna spices to prepare tea based on your dosha. See Churna recipes.

CHAI TEA

Chai tea is laced with several herbs and spices which provides antioxidants to boost immune system, improve digestion, reduce inflammation, increase energy and alertness.



Ingredients

- 3 cups water
- 4 cloves
- 2 pinch nutmeg
- ½ teasp cinnamon
- ½ teasp cardamom
- 1 teaso grated fresh ginger
- A pinch black pepper
- 2 teasp black tea leaves

Preparation

Boil the water with the spices for 2 minutes. Cardamom will help neutralize the effects of the caffeine in black tea.

Add the tea and simmer for 2 minutes.

Add the milk and heat until hot but not boiling.

Add sweetener and serve.

You may vary the amounts of milk and sugar according to taste and dosha.