

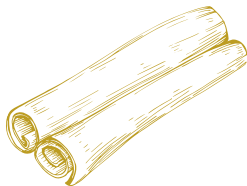


# Kapha Morning Digestive Tea

This warming herbal tea is a simple way to awaken digestion in the morning.

Servings: 2 cups

Preparation Time: 15 minutes



## Ingredients

- 2 cups water
- 1 teaspoon fresh ginger, grated or thinly sliced
- 1 small **cinnamon stick** (or ½ teaspoon **ground cinnamon**)
- 3-4 whole **black peppercorns**, lightly crushed
- 1 teaspoon dried **tulsi** (holy basil) leaves or 1 tablespoon fresh tulsi
- Optional: small squeeze of fresh lemon

## Kapha Morning Digestive Tea (Cont.)



### Instructions

1. Bring the water to a simmer. In a small saucepan, bring 2 cups of water to a gentle boil.
2. Add warming spices. Add the ginger, cinnamon, and black pepper. Reduce the heat and allow the mixture to simmer gently for 8-10 minutes so the spices infuse into the water.
3. Add tulsi. Turn off the heat and add the tulsi leaves. Cover and let the tea steep for 2-3 minutes.
4. Strain and serve. Strain the tea into mugs. Add a small squeeze of lemon if desired and drink warm.

While warming, this is excellent for all types during damp spring months. Pitta types should use caution.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes  
for balanced Agni,  
Belinda*

