

Yogi Tea Recipe
By Yogi Bhajan
Presented by
Prem Siri Kaur

**A drink traditional
to the practice of
Kundalini Yoga.**

- **Cleansing**
- **Nourishing**
- **Delicious**



Yogi Tea

Make at least 4 cups of Yogi Tea at a time. It's a good idea to make large batches at a time, and store it in the refrigerator without milk; then add milk when you want to drink it. It can stay fresh in the refrigerator for about a week.

For ONE cup, the measurements are:

- 10 oz. water
- 3 whole cloves
- 4 whole green cardamom pods (cracked open is best)
- 4 whole black peppercorns
- 1/2 stick cinnamon
- 1 slice ginger root
- 1/4 tsp. black tea (optional)
- 1/4 cup milk (optional)

Boil the spices for 10-15 minutes on a low simmer, with the top on the pot(just leave it open a crack to let a little of the steam out). Add black tea and steep for 2 minutes. Add milk, then bring to a boil. Remove immediately from the stove, and strain. Add honey to taste.