

Spiced Tea Mixture

Ingredients for 2 cups of tea:

- * Two teaspoon Saunf
- * One-Two pieces Cloves(Lavang)
- * One-Two pieces Eliachi (cardamom)
- * One-inch piece Cinnamon
- * Three-Four pieces full Black pepper kernels

Note: You can mix all ingredients and store in a jar for quick use to make spiced tea every day.

Instructions: 1. Boil two cups of water, while boiling add tea spice mixture, immediately turn off the heat. 2. Cover the pot with lid and let brew for 3-4 minutes. 3. Strain and drink hot tea. Do not store the tea it will get bitter over time. 4. If you are not a diabetic you may add brown Jaggery small amount as a sweetener. 5. If you like you may add a twist of lemon juice.