

YOGI TEA

by Kumbi Mukaro



I love to start the morning with this tea. It has become a favourite for friends that visit who always ask me, 'What do you put in that tea!'

A renowned combination of ingredients in this chai variant that is a perfect combination with the sunrise. Inspired by traditional Indian chai recipes such as those used among yoga practitioners.

Ingredients

- 1 cinnamon stick
- ½-1 tsp maple syrup to taste (optional)
- 2 tsp whole cardamom pods
- 2 tsp whole cloves
- 2 slivers of fresh ginger
- Cracked black pepper to taste
- 2 cups boiling water
- 2 cups plant milk of choice, heated

Directions

1. Combine all ingredients except the milk in a teapot.
2. Add boiling water and stir well.
3. Heat the plant milk either on the hob or in the microwave until hot, and add to the teapot.
4. Allow to soak for at least 90 seconds.
5. Pour through a strainer into two mugs.

Notes:

- If you don't have fresh ginger, 1-2 teaspoons of ground ginger can be used instead.
- For a gluten-free option, choose soy milk.

PREP TIME: 2 MINS

TOTAL TIME: 5 MINS

SERVES: 2

***Kumbi Mukaro** is an accredited Meditation and Mindfulness Teacher based in Melbourne Australia, regularly leading sessions in the corporate environment where she also holds a position in management. Kumbi has been thriving on a plant-based diet since 2014 and has been a valued volunteer at Doctors For Nutrition from the charity's earliest days.*

