

Yogi Tea

50 pepper corns

50 cardamon pods/ white or green

35-40 whole cloves

6-8 cinnamon sticks

4-6" fresh sliced ginger

Bring all ingredients to a boil, then simmer for 2 hours. Add 4-5 black tea bags for several minutes. Yields: 2 gallons (Recipe can be cut in half!)

Refrigerate and serve with hot milk and honey. This is extremely refreshing and invigorating.