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## Turmeric Tea

This beverage isn't technically a 'tea' because it doesn't use any tea leaves, only spices. So, its proper designation is a 'tisane' or herb tea.

Whatever you call it, it's flavorful and full of immune boosting power.

### Ingredients

- 1 Cup Water
- 1/4 tsp Fresh Turmeric (or turmeric powder)
- 1/4 tsp Ginger, dried or powdered
- 1/4 tsp Lemon Juice
- 1 tbsp Honey

### Instructions

- If using fresh, use a zester or a fine grater to grate the turmeric and ginger. Set aside.
- Add water to a pot and allow it to heat up. Just as it reaches a slow simmer, add turmeric and ginger and simmer for 3-5 minutes. Turn off the heat.
- Add honey to sweeten. If you wish, you can use sugar or, even, artificial sweetener.
- Try adding freshly squeezed lemon juice or brew with lemon grass leaves or tea. Strain and pour into a chai glass or a mug, and consume while hot.

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## Super Strong Chamomile Tea

When brewed up into a strong tea, chamomile is a fierce herb for many big complaints. This recipe can help relieve spasmodic pain such as back pain or menstrual cramps. I

This tea is often recommend when there is a fever accompanied by aches, pains and a headache.

You'll notice that this tea has a strong bitter taste, but you'll also notice that you can really feel its relaxing and pain relieving properties.

### Ingredients:

- 1/2 cup (10 grams) dried chamomile flowers (*Matricaria chamomilla*)
- 16 ounces of water  
Steep the chamomile flowers in 16 ounces of hot water, covered, for 15-20 minutes. Strain and drink slowly while warm.

People with ragweed allergies are recommended NOT to drink Chamomile Tea.

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## Tea Recipes

Chai- or Masala Chai- is a tea beverage traditionally made with black tea, water, milk, a sweetener and



Western Chai tea beverages have evolved to include various herbs as well as the traditional ingredients.

They are commonly enjoyed as hot tea, but can also be iced for a spicy iced tea drink.

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## Recipe for 1 cup of Traditional Chai Beverage

### Ingredients:

1 tsp black tea OR 1 teabag  
⅔ cup water, ⅓ cup milk  
1 tsp sugar or honey- or to taste  
15-20 small astragalus root slices (30 grams-  
optional- but is an immune booster)  
2 tsp dried ginger root  
2" piece of cinnamon stick  
½ tsp whole peppercorns  
1 or 2 cardamom pods  
2 whole cloves  
1 tbsp dried orange peel (optional, but very  
good)

Place liquids in sauce pan with spices and sweetener.  
Bring to a boil, add black tea and immediately  
remove from heat. Cover and steep for about 10  
minutes.

To serve, strain the Chai into a cup adding extra  
sweetener if desired.

This recipe is really just a starting point. In India and  
other countries on the Indian subcontinent, Chai  
differs from region to region, even household to  
household. Don't be too bound by this recipe. Some  
people like to add dried lemon grass for an aromatic  
component. Or other spices such as fennel or anise.

You can also use all water in the recipe, adding milk  
to taste at the end.

EXPERIMENT — ENJOY

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## Turmeric Chai Concentrate Recipe

Tea concentrates are a fantastic way to keep  
ready-to-drink brewed tea on hand whenever  
you please!

### Ingredients

- 4 1/2 cups water
- 3 Tbsp. Turmeric Chai Tea Blend- see below
- 1/2 cup sugar, honey, or other sweetener of  
choice. This ingredient may be adjusted to  
suit your taste.

## Turmeric Chai Tea Blend

For 2 cups of tea-

To make a larger amount, simply increase  
the amounts of spices, keeping the same  
proportion.

½ tsp ground turmeric

1 tsp ground cinnamon

½ tsp ground ginger

1/8 tsp ground nutmeg

1/8 tsp ground cloves

pinch of black pepper

**Recipe continues on next panel**

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## Directions

1. Place loose tea in a cloth bag or tie up  
in a piece of cheesecloth.
2. Add water and sweetener to a medium  
saucepan. Bring to a boil and reduce  
the heat to a simmer.
3. Add the tea to the water.
4. Simmer for 20 to 30 minutes, stirring  
occasionally.
5. Remove pan from the burner, take out  
the bag of herbs and set aside, and  
allow the mixture to cool.
6. Pour your turmeric chai concentrate  
into a glass container and store it in the  
refrigerator for up to one week.

This concentrate may be prepared hot or  
iced.

To prepare hot, put equal amounts of the  
Turmeric Chai Tea Blend and your preferred  
type of milk in a saucepan. Heat gently. Serve  
hot.

You can also add milk and the Turmeric Chai  
Tea Blend to a cup and heat in the  
microwave.

To prepare as cold or iced tea, add your  
preferred type of milk and Turmeric Chai Tea  
Blend in equal proportions to a glass. Add ice  
and stir.

This one-to-one ratio is most popular, but if  
you prefer a stronger tea, you may certainly  
use more concentrate than milk to suit your  
taste!