Sr Dt. Ashwini ( 9270118821) Dt Kanchan Agate



## **Tea Recipes**

Detox Tea	Ingredients –Saunf , Jeera, Flax seed, Curry leaves Powder, Water, Lemon
	<b>How to Prepare</b> - In a pan add 1 tsp Detox tea powder. Other ingredients and boil the coaction for some time.
	Enjoy your Detox tea.
Hunza Tea	Ingredients – Pudina , Tulsi leaves, Dalchini Elaichi powder, Ginger, Lemon, jaggery
	How to Prepare- In a pan add jaggery powder and other ingredients except lemon. Boil the water for 10 mins in medium to low flame. Put the gas off and add lemon to it. Enjoy your Hunza Tea.
Herbal Tea	Ingredients – One cup water,1/4 tsp of tea powder, Pudina leaves (2to 4) squeez 1/4 th lemon
	<b>How to Prepare</b> - Boil water and add all ingredients.
Black Coffee	Ingredients – coffee, Elaichi, Cinnamon
	<b>How to Prepare</b> Boil 1 cup water add 1/4 <sup>th</sup> tsp coffee, Elaichi and cinnamon and Boil it.

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Black Tea	Ingredients- Tea Powder, Dalchini, Saunf, long Elaichi, Black pepper.
	How to Prepare-Boil a glass of water add tea powder and other ingredients .
Yellow Tea	Ingredients –Dalchini,Black pepper powder
	Haldi,Soonth powder (Mix and keep powder ready)
	How to Prepare- One glass of hot water add 1tsp of powder to it .