



Coconut Spice Tea

(Nārkél Chā)

A robust and flavorful tea without caffeine that can be enjoyed at anytime.

Ingredients for four 10-12 oz mugs:

I prefer using all organic ingredients. Organic spices can found at any Indian grocery store or online.

- 6 cups of water
- 1 stick of cinnamon
- 2 cloves
- 3 pods of green cardamom lightly crushed
- 2 tsp shredded dry unsweetened coconut
- 8 tsp loose leaf rooibos tea (or 4 tea bags)
- 1 Tbsp honey (optional)
- 2 cups of warm oat-milk or grass-fed organic cow milk

Instructions for preparing this wonderful warm beverage:

In a saucepan add water with all the spices and tea leaves or bags and bring to a rolling boil. It creates a wonderful aromatic brew. Remove from heat.

Now start heating your milk of choice in another saucepan over medium heat. Once it starts to show signs of coming to a boil, add the flavorful brown liquid into it through a strainer. When it comes to a full boil, remove from heat.

Pour it into your favorite cup and add honey if you'd like. Enjoy!

Namaste,

Your Friends at Supreme Swan