



inspiration tea

INSPIRATION TEA RECIPE

Make the spice mixture with equal parts of organic ground fennel, cumin, fenugreek, and black pepper.

Add 2 tsp of the spice mixture and 1 cm of ginger root (grated) to a jug.

Pour 1 litre of boiling filtered water to the jug and allow it to infuse for 10 to 30 minutes.

Strain the mixture and pour the tea into a thermos.

Enjoy your inspiration tea throughout the day at room temperature.



Thanks to Amber Sawyer of Satsanga Wellness for this delicious and nourishing tea. Amber is an Ayurvedic Lifestyle Consultant, Elemental Yoga Therapist & Meditation Facilitator

