

Astragalus Tea

BY ROSALEE DE LA FORÊT



2 TEASPOONS
MINCED FRESH OR
DRIED GINGER



MILK AND HONEY,
AS DESIRED



2-1/2 CUPS WATER



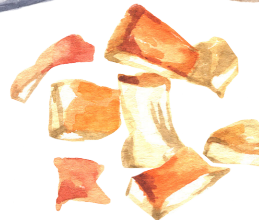
1 OR 2
CARDAMOM
PODS



1/2 TEASPOON WHOLE
PEPPERCORNS



1/2 TABLESPOON CINNAMON
CHIPS



1 TABLESPOON DRIED
ORANGE PEEL



2 WHOLE
CLOVES



20 TO 30 GRAMS
ASTRAGALUS ROOT

Not only does this astragalus tea support your immune system during the winter months, the spices warm you up from the inside out, making this a perfect tea for the colder times of the year. Because astragalus root comes in a variety of shapes and sizes, it is hard to measure out by volume. That's why I recommend using a kitchen scale to measure it by weight.

1. Place all the ingredients in a pan.
2. Bring to a boil. Reduce heat and simmer for 20 minutes, covered.
3. Strain, then add milk and honey as desired. Drink within 36 hours.

YIELD: Approximately 12 ounces



HERBS
with ROSALEE