

Healthy hot Beverage



If you want to skip morning tea to any healthy drinks, and refresh yourself with hot beverage, which keeps you healthy and soothes your appetite, why can't you try this homemade, easy to prepare beverage powder? Add 1 tea spoon full of this powder to a rolling boil $\frac{1}{2}$ cup of water and keep boiling for 5 minutes. Add sugar candy/jaggery and $\frac{1}{2}$ cup of milk. Again bring to boil for few seconds. Sip hot and get the result!!!!.

Sarasaparilla/Nannari/Anantamool-50 gms

Aswagandha-50gms

Dry ginger-small piece

Coriander seeds-100gms

Methy-1/2 tsp

Jeera-1/2tbsp

Nutmeg-Small chickpea size

Cardamom-2no

Clove-2no



Sundry Nannari, Ashwa gandha, Clove, Nutmeg, cardamom and dry ginger and crush it by using mortar and pestle so that mixer can easily powder them.



Dry roast rest of the ingredients and powder all the ingredients using mixer and store it in an airtight container.

Medicinal values

Ashwagandha: *Used as the general tonic, restores vitality, anti cancer, prevents tumor, antiseptic, stress release and helps digestion. *Nannari:* Natural coolant relieves from acidity, constipation and purifies the blood.*

OM SHANTI

