



Yogi/Jced Tea



I first discovered this drink from my favourite Yoga teacher, Adrienne Mishler who runs Yoga With Adrienne. Initially I drank this as a hot drink. Then I discovered by adding lemonade, ice and a slice it tasted gorgeous! So this versatile recipe can be used for winter or summer months!

What you'll need:

Large cooking pot, sieve, empty bottles to store the drink, wooden spoon, small knife, jug

Ingredients

- 400ml of water (7 pints)
- 17 cloves
- 20 black peppercorns
- 15 cardamom pods, slightly split
- 1 decaf tea bag
- 5 slices of ginger
- 5 cinnamon sticks (optional)

Method

1. Prepare all of your ingredients beforehand. Bring the water to the boil.
2. While you are waiting for the water to boil, slightly open the cardamom pods. I find the best way is to, one at a time, lay them under a knife blade and press gently. This should encourage them to pop open a little while still containing the seeds. Please be careful and do this gently.
3. Once the water is boiling add all of the ingredients except for the tea bag.
4. Let them boil away for a few minutes then add the tea bag.
5. Give everything a good stir then reduce heat to a simmer, cover and leave for about an hour. If you prefer it stronger then leave for an hour and twenty. I find an hour is perfect.
6. Remove from heat and allow the mix to cool completely before decanting.
7. Pass the drink through a sieve into a large jug. Or do it a couple of times with a smaller jug.
8. Decant from the jug into your storage bottles. This can now be stored in the fridge.
9. If you want it hot, heat the required amount on the stove and when finished add plant-based milk, I use soya and maybe a little squirt of agave for some sweetness.

10. To drink cold add one part ice tea to two parts lemonade, add lots of ice with a slice of lemon or lime.
11. Or why not try adding some fresh mint on really warm days!

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Send the pictures to info@soyoi.co.uk*