

# Spiced Dandelion Root Tea Mix

Inflammation, Digestive Problems, Liver/Pancreas



## INGREDIENTS

*\*All organic whenever possible.*

- **1 cup (120g) Dandelion Root**
- **¼ cup (24g) Cardamom Pods (crushed)**
- **¼ cup (20g) Whole Cloves**
- **¼ cup (18g) Dried Ginger Root (chopped)**
- **¼ cup (22g) Allspice**
- **¼ cup (40g) Chicory**
- **2 TB (16g) Peppercorns (crushed)**
- **1-2 TB Star of Anise (crushed)**
- **7 (50G) Ceylon Cinnamon Sticks (broken up)**
- **1 cup Chamomile Flowers (optional)**

**1 QUART JAR**

Yields

**> 15 MIN**

Prep time

**> 5 MIN**

Prep time

## INSTRUCTIONS

1. Mix all dry ingredients and store in quart size mason jar, so it's ready to use.
2. To make a cup: fill a spoon infuser a disposable infuser sachet with mix and steep in hot water that was brought to a boil.
3. To make a pot/pitcher: fill infuser in glass infuser teapot with mix and either fill with hot water that was brought to a boil or fill with water and bring to a boil.

## NOTES

- *Change whatever you like, so it's the way you like it!*
- *5BStar of Anise tastes like black licorice, so use sparingly if you don't like the taste.*
- *Adding chamomile can help coat the esophagus to help with GERD.*
- *Dandelion Root Tea can taste earthy, so we mix ours with green tea and ice, and sweeten with raw honey or organic maple syrup.*
- *If drinking it without mixing with another tea, limit to one cup per day until you know how your body will respond.*