



Recipes

Juices/Teas

Twig Spiced Tea

Prep Time: 5 minutes

Cooking Time: 30 minutes

Yield: 2 liters

Ingredients:

- 8 cups water
- 1/4 cup kukicha twigs
- 3 pods cardamom
- 3 cloves
- 2 star anise
- 1 teaspoon fennel

Directions:

1. Bring water to a boil.
2. Add kukicha twigs, cardamom, cloves, anise and fennel.
3. Simmer for 30 minutes.
4. Serve chilled or warm.

Variations:

If desired add a natural sweetener such as maple syrup, agave nectar or brown rice syrup.