Hello,

I am going to present winter tea in general, which is made of herbs and grows in our country. Winter tea is a kind of drink which is obtained from 9 (nine) different herbs.

These herbs are;

Sage

Linden

Chamomile

Rosehip

Eucalyptus Leave

Crust Cinnamon

Carnation

Apple peel

Ginger

These herbs individually have following features:

Sage cleans the liver and improves the brain functions

Linden is good for flu, cold and cough. Besides it reduces the fever

Chamomile reduces the allergic symptoms and eliminates the intestine problems

Rosehip regulates the blood pressure and eliminates the heart diseases by reducing the cholesterol level

Eucalyptus Leave is good for respiratory tract infection

Cinnamon prevents the rheumatism and provides resistance against skin diseases

Carnation strengthens and preserves the bones and at the same time prevents brain tumor

Apple peel saves from phlegm, eliminates the cough and reduces the risk of diabetes

Ginger mitigates the nausea and is effective for cold and flu

The mix obtained from the herbs with aforementioned features effects the human body positively. These herbs are sold in packages in spice stores. Now I want to explain how the winter tea is prepared.



***Ingredients:***

2 tablespoon rosehip

2-3 tablespoon linden

1 tablespoon sage

3 leaf of eucalyptus

1 crust cinnamon (rinsed)

4-5 pieces of carnation

Peel of half apple

5-6 pieces of chamomile, and finally

2 desert spoon grated fresh ginger

Honey

***Preparation:***

These ingredients are mixed in a vessel, while water is boiled in a teapot. The ingredients mixed with one desert spoon measure for one glass of water are poured into the hot water. Ingredients are brewed within water for 5 minutes and then filtered and poured into the cup. You can drink it by adding one tea spoon honey and juice of one quarter of lemon.

Good appetite

Enjoy your drink…

Bade ESİN – TURKEY