

5 Homemade

DETOX TEA RECIPES



5 DETOX TEA BLEND RECIPES FOR A HEALTHIER YOU!

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Hello there... I'm Jackie Parker and I want to thank you and congratulate you for downloading the "5 Homemade Tea Detox Recipes."



Over the years, I have given these 5 detox tea recipes to many clients to flush toxins from their system. Many of them report they taste so good they actually forget they are detoxing their body.

It's important to understand that not all detox teas are created equal. For the best results, look for organic ingredients. This isn't about the packaged detox teas that are filled with useless chemicals, but brewing up a pot of organic, fresh, homemade detox tea.

If you want to know more about how to do a tea detox and understand the benefits... You'll find everything you need to know here: What is a Tea Detox? (<https://motherofhealth.com/what-is-a-tea-detox>)¹

Thanks again for downloading these recipes. I hope you benefit from them for years to come.

¹ www.MotherOfHealth.com

Homemade Detox Tea

Ingredients:

- 1 Ounce of Green Tea
- 1 Ounce of Yerba Mate Tea
- 1/8 Cup of dried Lemongrass
- 1/8 Cup of dried mint leaves

Directions:

Mix all the ingredients together in bowl. To make a single cup of tea, put 1 teaspoon of the mixture into a tea filter and pour in hot water. (Stay away from boiling water.) Let steep for 3-5 minutes.

Sweet Dandelion Tea

Ingredients:

- 1 Roasted Dandelion Tea Bag
- 1 Tablespoon of Coconut Oil
- 1 Tsp Maple Sugar or Honey
- 1 Tablespoon of Grass-fed Butter or Ghee
- 1/2 Tsp. Vanilla Extract
- 1 Cup of Water

Directions:

Heat water until right before it starts to boil. Pour it into a cup with the tea bag and allow it to brew for 5-10 minutes. Now, add the coconut oil, butter, vanilla, and maple syrup or honey. Blend well and enjoy.

Dandelion-Ginger-Milk Thistle Detox Tea

Ingredients:

3 teabags (or 3 Tsp) Dandelion Root

3 Tsp Fresh Ginger

3 Teabags (or 3 Tsp) Milk Thistle

2 Tablespoons Fresh Lemon Juice

1 Tablespoon Coconut Oil

2 Cinnamon Sticks

5 Cups Water

Directions:

Bring ginger and water to gentle boil for one minute. Remove from heat. Pour the water over the dandelion, milk thistle, and cinnamon. Cover and allow to steep for 15 minutes. Drain before adding coconut oil and lemon. Stir and serve warm or put in the refrigerator for later. (It's actually quite good chilled, especially during warm summer months.)

Kapha Detox Tea

Ingredients:

1 Tsp Cumin seed

1/2 Tsp Coriander Seeds

1 Cinnamon stick

10 Fresh Basil Leaves

Squeeze Lemon juice

Directions:

Place the ingredients (except lemon juice) in a medium saucepan with 4 cups filtered water. Bring the water to a boil, turn off heat steep for 3-5 minutes. Add the lemon while the tea is steeping. Strain and enjoy

Green Detox Tea

Ingredients:

8 oz water

1 Green Teabag

1 Tsp Honey

1 Sliced Lemon

2 Slices of Cucumber

1 Sliced Strawberry

Directions:

Brew the water with the green tea bag. After allowing it to cool in the refrigerator, add the cucumber, lemon, honey, and strawberry. Mix together. Drink room temp or if desired, serve chilled, which is refreshing during the summer.