CASSIA SEED MILK TEA

Clears Liver fire and brightens the eyes. Lubricates the Large Intestine and promotes bowel movement. Helps maintain healthy cholesterol levels

INGREDIENTS

- 100 g (3.5 oz) cassia seeds
- 500 cc (500 ml) water
- low fat milk (or half & half), to taste
- brown sugar, to taste *Makes 1 serving*
- Dry fry the cassia seeds in a sauté pan until you smell the coffee-like aroma of the seeds.

PREPARATION

- Boil cassia seeds in 500cc of water for approximately 5 to 10 minutes. Strain. (Or make the tea as you would coffee in a coffee maker.)
- Add sugar and low fat milk if desired.

COOKING

