

Yogamrut Tea

Yogamrut Chaha

This is a good alternative to tea and is very good for the heart and as a blood purifier. Yogamrut powder is made up of Anantamol, Arjun and Ginger.

- 1/2 cup water
 - 1/2 cup milk
 - 1/2 tsp Yogamrut powder – can add a little less or more depending on preference
1. Mix yogamrut powder in water and milk (if you don't want milk then use 1 cup of water) and bring to boil.
 2. When it boils strain and sweeten if desired.

