

Jaggery

Jaggery is a coarse, dark sugar, made from the sap of East Indian palm trees. It offers countless health benefits and is a natural sweetener with an explosive flavor. Some benefits we think everyone will appreciate.

First, acting as a digestive agent stimulating digestive enzymes and it's good-for-you minerals. It's also a slow-releasing energy food, so you'll experience warmth and energy over an extended period of time. Jaggery is known as a cleansing agent, pulling toxins from the body. Jaggery is available at many local health food stores and online. Experience the difference yourself and enjoy this flavorful Indian tea recipe with someone you love.

Stay Energized

Jaggery Tea Recipe

Follow these 3 simple steps to making this highly beneficial tea.

Ingredients: *Makes 2 cups*

- *2 cups water*
- *2 tablespoons Jaggery*
- *7 leaves Thai holy basil*
- *lemon juice to taste*
- *pinch of salt*

Method:

1. Bring water to boil, add Jaggery & Thai holy basil leaves.
2. Add pinch of salt & lemon juice. Mix well.
3. Serve warm.