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

PREPARATION

• Dry fry the cassia seeds in a sauté pan until you smell the coffee-like aroma of the seeds.

COOKING

• 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.