



ESSENTIAL RASA TEA



**Directions:**

1. Boil water in a medium stainless steel pot. Put all the herbs in a one-quart heat-proof glass mason jar. Pour the water over the herbs and steep for 30 minutes or more.
2. Before serving, strain the tea. Place flax seeds in your cup before pouring the tea into it. This supports Omega 3-rich, immune boosting, mood-soothing. You can eat the soaked seeds with a spoon when you get to the bottom of your drink.
3. Drink 1-2 cups per day, the larger amount if you are in dry conditions.

Ingredients:

- 1 quart water
- 1 Tbsp fenugreek seeds
- 1 Tbsp fennel seeds
- 1 Tbsp dried peppermint or marshmallow root (I like a combo of both)
- 1 tsp of licorice, chopped or powdered
- 1 thin sliced fresh ginger root
- 1 tsp – 1 Tbsp flax seeds per cup

Amadea Morningstar's seasonal beverage cookbook: [Easy Healing Drinks from the Wisdom of Ayurveda](#) and offers many nourishing recipes to help support the rasa dhatu. With her permission, here's one of my favorites from her book and will replenish the rasa dhatu as we move into the vata season:

effects: balances all doshas, tri-doshic

supports: plasma, nerves, female + male reproductive systems, lactation, ojas