

Green tea is more than just a trendy beverage — it's a calming, antioxidant-rich drink that soothes the mind, supports digestion, and clears sluggishness. When brewed properly, it becomes a **sattvic tonic** rather than a stimulant.

What Is Green Tea ?

Green tea is made from unoxidized tea leaves and is one of the least processed types of tea. It retains the highest amount of antioxidants and polyphenols that offer multiple health benefits — especially when steeped and not boiled.

How to Make Green Tea: The Traditional Way

□ Ingredients:

- 1 tsp **loose green tea leaves** or 1 **green tea bag**
- 1 cup **hot water** (not boiling — around 80°C or 176°F)
- Optional: A few **tulsi (holy basil) leaves** or a slice of **fresh ginger** for added benefits
- Optional: **Palm sugar**

□ Method:

1. Heat water just until it steams — do not boil.
2. Place green tea leaves or bag into a cup or teapot.
3. Pour hot (not boiling) water over the leaves.
4. Cover and **steep for 2-3 minutes** (not longer, or it will become bitter).
5. Strain (if loose leaves), add optional tulsi or ginger or palm sugar, and sip warm.

□ Ayurvedic Benefits

1. Green tea is **light, bitter**, and **drying** - useful for clearing **Kapha** and reducing **Ama** (toxins).
2. **Tulsi** supports respiratory health and calms the mind.
3. **Ginger** enhances **Agni** and supports circulation.
4. Can assist in gentle detox and mental clarity.

□ Pro Tips from the Indian Kitchen

- Always **avoid boiling** green tea — it destroys antioxidants and increases bitterness.
- Add **tulsi** or **ginger** for Vata- and Kapha-balancing effects.
- Drink between meals, not with meals, to avoid interfering with digestion.

□ Why We Love Green Tea

- Pure, simple, and naturally refreshing
- Great alternative to milk tea or coffee
- Supports energy without overstimulation
- Sattvic when consumed mindfully and not in excess

□ Ideal For

- Mid-morning or late afternoon pick-me-up
- After heavy meals to ease digestion
- Calming pre-yoga or post-meditation sip
- Light detox or seasonal transition rituals

