This Lemon Tea is your perfect cup of calm — light, clean, and completely free of overpowering spices. Made by steeping and not boiling the tea, and gently sweetened with natural palm sugar, it’s ideal for those seeking balance, hydration, and digestive ease.

What Is Steeped Lemon Tea?

Lemon Tea is prepared by gently infusing tea in hot water without boiling, then adding fresh lemon juice. With no spices or strong additives, this version is soft on the stomach, gentle for pitta dosha, and easy to digest even during sensitive times..

How to Make Steeped Lemon Tea: The Traditional Way

Ingredients:

- 1 tsp **black tea powder** or **1 tea bag**
- 1½ cups **hot water** (not boiling, around 85–90°C)
- Juice of ½ **fresh lemon**
- 1 tsp **natural palm sugar** (optional and to taste)

Method:

1. **Steep the Tea**
    - Heat water until just below boiling.
    - Add tea powder or tea bag into a cup.
    - Pour hot water over it, cover, and let steep for **3–5 minutes**.
2. **Strain and Mix**
    - Strain (if using loose tea).
    - Let the tea cool slightly — then add fresh lemon juice.
    - Add palm sugar only if needed and stir gently.

Ayurvedic Benefits

1. **Lemon** stimulates digestion, clears mild nausea, and supports gentle detox.
2. **Steeped tea** is light and sattvic — doesn’t overheat the system.
3. **No spices or processed sweeteners** makes it tridosha-friendly (especially

for pitta and vata types).

Pro Tips from the Indian Kitchen

- **Do not boil** the tea powder — steeping avoids bitterness and acidity.
- **Add lemon juice only after cooling slightly** to preserve its nutrients.
- **Palm sugar** gives a subtle earthy sweetness — use sparingly if needed.

❤ Why We Love Steeped Lemon Tea

- Delicate, refreshing taste
- No heaviness, no acidity
- Minimal ingredients, maximum benefit
- A go-to during fasting, travel, or digestive discomfort

Ideal For

- **Hot weather sipping**
- **Mild morning detox**
- **Those with acidity or sensitive digestion**
- **Post-meal digestive support**
- **People preferring spice-free herbal infusions**

