



決明
奶茶

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.