



*Rich in antioxidants*

*2 tsp ground ginger*

*2 tsp ground turmeric*

*1/4 tsp ground cinnamon*

*1/4 tsp ground cardamom*

*Scant 1/4 tsp ground nutmeg*

*1/8 tsp ground cloves*

*Add ½ teaspoon (or more, to taste) of the ox tea spice mixture to a mug with 1 cup/8 ounces of hot water. Stir vigorously and enjoy. Almond or rice milk optional.*

*Ingredients: Ginger, turmeric, cinnamon, cardamom, nutmeg, and cloves*