

## SPICE DRINK (Enhances body immunity power)

Spice Drink provides relief from cough, cold and fever. The medicinal properties present in this drink also helps with the digestion process and enhances body immunity.

### Ingredients required to prepare 250 ml (8.5 fl. Oz.) of Spice Drink

- Ginger - 1 to ½ inch
- Black Pepper - 2.5 grams (0.10 Oz. or 1 teaspoon) ( 8 no)
- Cloves - 2.5 grams (0.10 Oz. or 1 teaspoon) ( 4 no)
- Cardamom - 2.5 grams (0.10 Oz. or 1 teaspoon) ( 1)
- Cinnamon - 2.5 grams (0.10 Oz. or 1 teaspoon)( 1 inch)
- Jaggery - 2.5 grams (0.10 Oz. or 1 teaspoon) – For taste
- Water - 150 ml (8.5 fl. Oz.)



### Preparation Guide

- Pound all the ingredients and boil it for few minutes
  - Add the water in a pot along with the ingredients and bring to boil
  - Once the solution comes to boil, bring down the flame and simmer for the next 5-10 minutes
- Pass the solution through a sieve store it in thermos

### Consumption Guide

Consume as recommended

Else, drink it twice or thrice a day as required like tea