



Healthy Teas: Green-Black-Herbal-Fruit

Tammy Safi

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***Healthy Teas* is a delightful introduction to the history and healing properties of green tea, the health benefits of black teas, and the life-enhancing attributes of herbal teas and fruit infusions and decoctions.**

In this tea cookbook, author **Tammy Safi** has specially created the recipes to maximize the health benefits of all tea ingredients, whether they are fruits, exotic floral blends, or any of the many types of tea leaves. Inside, you'll find more than 80 easy recipes—from immune-boosting teas to springtime tonics and teas to detox and cleanse. Discover morning pick-me-ups as well as relaxing teas for stress relief and calming sleep.

Recipes include:

- Bilberry and Green Tea
- Chamomile and Lemongrass Tea
- Ginger and Peppermint Tea
- Licorice and Echinacea Tea
- Ribwort and Eyebright Tea
- Yarrow and Cinnamon Tea

This tea book contains handy definitions of different varieties of tea plus all the necessary background information on ingredients will help you make the choice about which teas to drink and how to prepare them an easy one.

Healthy Teas is sure to become an essential reference for the health conscious and tea lovers alike.

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