



Kathryn Templeton's

## *Kapha-Balancing "Spring Fling" Tea*

### **Ingredients:**

- 1/4 teaspoon dry ginger
- 1 clove
- 1/4 teaspoon licorice
- 1/4 teaspoon roasted fennel seed
- 1 cup boiling water

If you are more Kaphic in nature then you could add in 1/2 teaspoon of black (caffeinated) tea or add in some whole black peppercorns. That should do the trick!

[www.kathryntempleton.com](http://www.kathryntempleton.com)