



Year of the Tiger

Black Sesame and Goji Berry Tea

ingredients

- 1 cup black sesames
- 2 Tbsp goji berries, rinsed
- 3 cups water
- Brown sugar (raw, unprocessed)

preparation

Bring sesame seeds, goji berries and water to a boil and then reduce to a simmer partially covered for about 20 to 30 minutes until 1 cup of tea remains. If it does not cook down in 30 minutes, the flame is too low. Strain tea and sweeten to taste.

Black sesames are very calming and good to drink in the morning if you have morning anxiety, or in the evening if you have trouble winding down. Black sesames nourish and calm the adrenals, as do the goji berries; overall the formula is very moistening. Brown sugar is full of minerals as are the sesame seeds, so this formula is rich in calcium and good for the bones. Brown sugar can be avoided for those sensitive to sugar, but the seeds are bitter. Maple syrup and honey are also suitable sweeteners as is agave; however, I prefer maple syrup or brown sugar for their high mineral content.

Ingredients can be purchased at the local Chinese grocery store or from an on-line service for Chinese herbs, such as Kamwo pharmacy. (kamwo.com)