

Instant Jaggery Tea Premix

This Instant Jaggery Tea Premix is a delightful blend of aromatic spices and the rich sweetness of jaggery, perfect for a quick and energizing cup of tea. Just add hot water and enjoy a comforting beverage in minutes!


5 min

Total time

easy

Difficulty

100

kcal / serving

Ingredients

- 1 tablespoon jaggery powder
- 1 teaspoon black tea leaves
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cinnamon
- 1/2 cup hot water
- 1/4 cup milk (optional)

Steps

- 1 In a small bowl, combine the jaggery powder, black tea leaves, ground ginger, ground cardamom, and ground cinnamon.
- 2 Mix well to ensure an even distribution of spices and jaggery.
- 3 To prepare the tea, boil 1/2 cup of water in a kettle.
- 4 Add the premix to a cup and pour the hot water over it.
- 5 Stir well until the jaggery completely dissolves.
- 6 If desired, add 1/4 cup of hot milk for a creamier texture.
- 7 Stir again and enjoy your instant jaggery tea!