

EAT, DRINK, AND BE MINDFUL

One of my favorite ways to practice mindfulness is mindfully enjoying an afternoon tea, or in Punjabi, “Cha.” In the afternoon, I appreciate the opportunity to pause, and recharge before I transition to the later part of my day. Grinding the ginger and spices, watching the water boil, sipping on the warm tea, and observing how I feel provides a wonderful opportunity to practice mindfulness.

-Puneet Sethi, RDN

PUNJABI CHA

Serves 2. Prep time 5 minutes, cook time 10 minutes.

ingredients

6 cardamom pods
½ teaspoon fennel seed
4 cloves
1 teaspoon grated ginger
2 teabags of black tea or
1 tablespoon of loose black tea
2 cups of water
1 cup of whole milk or dairy
alternative

instructions

- Step 1** Place water in a small saucepan and bring to a boil.
- Step 2** Grind spices and ginger together in a mortar and pestle.
- Step 3** Place ginger and spices into water, allowing to boil and release the flavors. Add in tea, allowing the mixture to fully boil, at least 1-2 minutes.
- Step 4** Add in dairy or dairy alternative, again allowing the mixture to come to a full boil.
- Step 5** Once boiling, reduce heat, and allow to simmer for 1-2 minutes.
- Step 6** Strain the mixture into 1-2 cups, add sugar as needed. Enjoy!