

Red Dates Longan Tea



During CNY, red dates longan tea (红枣龙眼茶) is often prepared as it is thought not only to bring good luck, but also adds a healthy glow to your complexion!

Make a cup of red dates ginger longan tea with goji berries using recipe below to start off your HEALTHY BLISSFUL year!

#ZENXINCNY2019
#ZENXINHealthierYou2019

Key facts:

Prep Time: 5 minutes

Cook Time: 30 minutes

Servings: 4 people

Ingredients:

- 1.5 L Water
- 60 grams Organic In-Conversion Sun Dried Red Dates
- 30 grams Dried Longan
- 4 tbsp Organic Coconut Nectar Sugar Ginger Tea (Powder)
- 15 grams Organic Sun-Dried Goji Berries

Instructions:

1. Cut red dates into halves and soak in water for at least 1 hour
2. Transfer red dates with the soaking water into a pot
3. Transfer red dates with the soaking water into a pot. Add in longans. Cover the pot, bring to a boil and simmer for 25 minutes. Add in the goji berries and simmer for another 5 minutes.
4. Strain the tea. Dissolve in coconut nectar sugar ginger tea
5. Serve hot, warm, at room temperature or cold