

## Umeboshi Tea

Umeboshi tea, taken warm, helps combat fatigue, improve circulation, and aid digestion.

Bring kukicha tea to a boil. Remove from heat, add umeboshi, shoyu, and ginger juice. Let steep 1 - 2 minutes before drinking.

### **Preparation List:**

#### **Makes 1 cup**

- 1 cup kukicha tea
- ½ large or 1 small umeboshi, pitted and shredded
- A few drops shoyu (to taste)
- A few drops fresh ginger juice