The Standard Cup (Yogi Tea Organic Ashwagandha Balance)

From the teas.co.uk wiki

Yogi Tea Organic Ashwagandha Balance is an Ayurvedic-style blend of ashwagandha, passionflower and acerola cherry. Brewed five minutes, the infusion is naturally caffeine-free, deep reddish-pink, with a bright, tart berry zing on top and a gentle earthy root note underneath. A little honey balances the tartness.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the The Standard Cup (Yogi Tea Organic Ashwagandha Balance) recipe. Canonical: https://teas.co.uk/recipes/fruit-tea/the-standard-cup-yogi-tea-organic-ashwagandha-balance/*

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