



Handcrafted Seasonings

Savory Sipping Tea

A healthier alternative to coffee
Low Sodium | Fat Free | Gluten Free | Dairy Free

Yield: 4 cups

Ingredients:

1	quart	Filtered water
1	tbsp	Gotta-Have-It Spice

Instructions:

- Bring water to a boil, pour into a pot or bowl and stir in **Gotta-Have-It Spice**
- Let steep for 2 to 3 minutes, then strain into cups; ready to serve

Option:

Add additional seasoning if you prefer it stronger

Gotta-Have-It Spice is the chef's signature blend and is made up of 8 types of vegetables, 4 herbs and 4 spices. One cup of this savory sipping tea only has 6 mgs of sodium.

Try using some of the other handcrafted seasonings such as **OPA! Spice** or **Scarborough Fair Spice** as a Savory Tea.



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