

MacroAmerica Lotus Root Tea

Fresh lotus root
Fresh ginger root
Sea salt
Soy sauce

1. Grate the lotus root with a fine grater that you might use for grating ginger root.
2. Place the grated lotus root in a double-layered piece of cheesecloth and squeeze out the liquid.
3. Place the lotus pulp in a bowl and add enough water to loosen the pulp such that it moves freely in the water. Strain once more and squeeze out the liquid. Discard the pulp.
4. Grate a little fresh ginger and keep it ready.
5. Place the liquid in a saucepan and add a few grains of sea salt for each ½ cup liquid.
6. Bring to a simmer, stirring continuously until the starch in the lotus cooks, thickening the tea.
7. Turn off the heat and add a few drops of fresh squeezed ginger juice per ½ cup.
8. Add a few drops soy sauce. Mix. Sip while hot.

Lotus tea opens up breathing. Good for congestion, sinus blockage, mucous congestion due to colds or flu. If a fever is present, eliminate the ginger juice.