



Sea of Colors
ORANGE SACRAL CHAKRA RECIPE

Sacral Chakra Orange Peel Tea

by Kimberly Bizjak

Ingredients

- 1 black tea bag
- 3-4 slices of orange peel
- Juice from 1 orange slice
- A sprinkle of powdered ginger to taste
- Optional: cane sugar or honey

Directions

1. Put tea bag into your favorite mug.
2. Pour boiling water over tea.
3. Add orange juice, orange peel, ginger, and sugar/honey.
4. Enjoy hot, or cooled in the refrigerator over ice.