

Jeera Tea

Written by Friends' Contribution



Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Teacup	Milk	
1	Tablespoon	Sugar	
1	Teaspoon	Kuskus - poppy seeds	to be crushed
2	Tablespoon	Jeera/Cumin Seeds	to be crushed
2	Teacup	Water	To be boiled

Method

Crush the Jeera, and kuskus and put it in a vessel. Add two teacups of boiling water on it. Keep aside to settle. Strain the liquid. Add the milk and sugar.