

Jujube (Red Date) Tea

Ingredients

- 4–5 dried jujube fruits (red dates)
- 2 cups water
- Optional: a slice of ginger or honey

Instructions

1. Rinse jujubes and cut a small slit in each for better infusion.
2. Add them to a small pot with 2 cups water.
3. Bring to a boil, then simmer gently for 15 minutes.
4. Pour into a cup; eat the softened dates along with the tea if desired.

Benefits

- Nourishes blood and calms the mind (traditional Chinese medicine).
- Supports sleep and relaxation.
- Rich in antioxidants and vitamin C.

Warnings

- High in natural sugars; people with diabetes should be cautious.
- Consult your doctor if on blood-thinning medications or with blood pressure issues.