

Ume-Sho Bancha Tea

This drink helps to settle stomach upset, reflux, nausea, vomiting or any overly acidic condition of the digestive system.

Place into a cup the following organic ingredients:

- ½ - 1 umeboshi plum or 1 teaspoon of umeboshi plum paste
- ½ - 1 teaspoon of Tamari Sauce or Shoyu (soy sauce)
- 1 Bancha or Kukicha (twig green tea) loose or tea bag

Pour boiling water into cup and stir well. Drink hot.

Ingredients are possibly available at:

- Food Forest Organics, Greytown
- Commonsense Organics, Wellington and Lower Hutt

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