



# Moringa Tea Recipe

Enjoy the benefits of Moringa with this simple recipe. Heat water to just below boiling. Add 1-2 teaspoons of Moringa powder. Steep for 3-5 minutes. For extra flavor, add honey and lemon to taste.

[www.sansaherbs.com](http://www.sansaherbs.com)





# Moringa Smoothie Bowl

Start your day with this nutrient-packed recipe.

- 1 frozen banana
- 1 cup spinach
- 1 teaspoon Moringa powder
- 1/2 cup almond milk

Toppings: chia seeds, berries, and coconut flakes