



# Cleanse, Nurture, Restore with Herbal Tea

*Sebastian Pole*

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## **Cleanse, Nurture, Restore with Herbal Tea** Sebastian Pole

Sebastian Pole - co-founder of internationally recognised and much-loved tea brand Pukka - presents 70 home recipes for herbal teas using botanicals, teas, herbs and fresh ingredients. So pop the kettle on and learn how to bring together the best ingredients for health, well-being and, of course, flavour.

Chapters include: Cleanse and Detox; Nourish and Digest; Energise and Rejuvenate; Peace and Harmony; Joy and Happiness; Defend and Protect; Smoothies, cocktails and other drinks.

There's also a comprehensive 'Pukkapedia' covering information on the herbs, their benefits, where to find them and, in some cases, tips on how to grow them at home.

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