



Kate Porter Yoga

YOGA FOR NORMAL PEOPLE

"Madagascar Muddle" by Kate

Madagascar Muddle™ is an outrageous combination of flavours bursting to life on your tastebuds. Think of it as you do another Vinyasa, knowing your effort will be worth this delicious reward!



Recipe

- Brew a jug of black tea, and add to the water:
- A dash of brown sugar
- 1/2 an orange
- 1/4 of a lemon
- A large sprig of fresh mint
- A drizzle of vanilla essence
- Leave to cool, remove all fruit and mint, then top up with water and refrigerate.

Benefits of Vanilla: Vanilla extract can be used to help calm the stomach when you are feeling nauseous, may assist weight loss, reduces anxiety and stress and regulates menstruation.

Benefits of Mint: Mint brewed in tea or hot water has been a remedy for digestive problems and stomach cramps for centuries. It is a natural breath freshener, a natural diuretic and has been used to relieve IBS (Irritable Bowel Syndrome) and Colitis.



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