

Happy Tea

This is a traditional Chinese tea, used for calming the spirit and for excessive or compulsive crying. The ingredients can be found in a Chinese herb shop and in many Chinese grocery stores. The Chinese as well as common names are given for the ingredients.

5 Chinese red dates (da zao)
¼ cup wheat berries (fu xiao mai)
2 slices honey baked licorice (zhi gan cao)
2 cups water

Place all ingredients in a non-reactive sauce pan. Bring to a boil, reduce heat, and simmer for 15 minutes. Strain the liquid through a sieve, and sip on the tea. Makes one serving. (This recipe can easily be doubled or tripled for more servings).