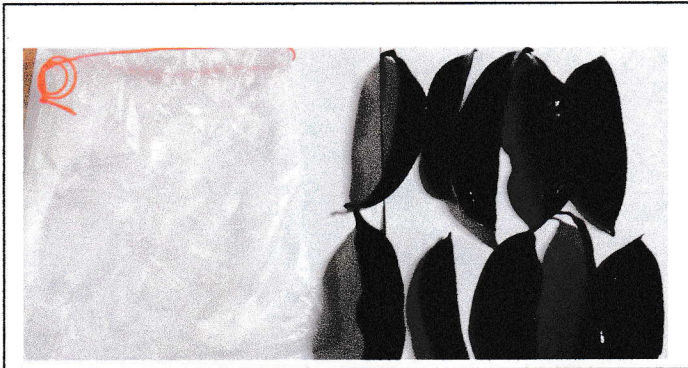


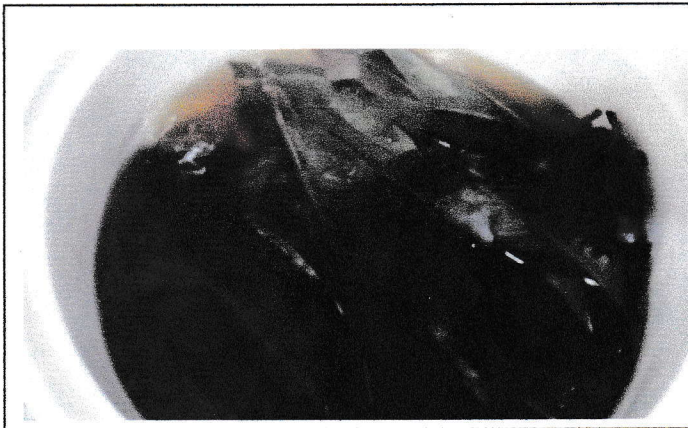
How to prepare the Soursop Tea Leaves



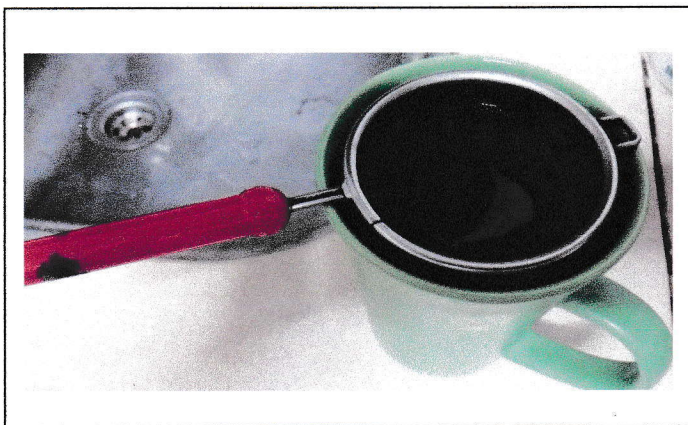
When you received the leaves, do not worry about the colour or condition as all are selected and packed



Since the leaves need to be kept in the freezer to maintain its freshness, you can pack 9-10 leaves in small bags and take them out whenever you need.



Take one packet, wash the leaves and put in a porcelain pot with @ 5 cups of water and boiled in medium fire for 30 minutes. The water will be like chinese tea colour.



After 30 minutes pour the tea out and filter it in case there are any sediments.

You will have three cups. One cup to consume 30 minutes before breakfast, the rest can put in a flask to consume 30 minutes before lunch and dinner.

You can reboil the leaves for another round of drink which can be consume anytime during the day,

NOTE:

Once you have finished boiling, you may want to try take the boiled leaves put in a tray and leave in areas of the kitchen etc where the area is prone to have crocraoches etc. Try it out to see it works and share as it does for me.