

**Cough Or Sore Throat?**  
**咳嗽还是喉咙痛?**



**Loquat Chinese Almonds Tea**  
枇杷杏仁茶 (针对燥热性体质) @ 5color Diet: Healthy Recipes

**Serving size:** 4 cups of 250ml

**Benefits:** Helps to relieve gout, dry or damp cough, heaty cough, sore throat, lung's patterns: damp-heat patterns, phlegm-dampness & yin deficiency, etc.

### **Ingredients**

- (1) Chinese almonds (North)** - 12-15 nos.
- (2) Chinese almonds (South)** - 12-15 nos.
- (3) Dried loquat or fresh loquat** - 4-8 pieces (Remove the seeds & cut into slices).
- (4) Dried red dates, seedless** - 2-4 nos (1 to 2 more pieces for cold body system, anaemia)

or low blood pressure).

**(5) Maltose or honey** - as desired.

**(6) Water** - 1200ml.

**\* Daily recommended usage: Chinese almonds (North) not more than 40 nos; Chinese almonds (North) not more than 40 nos & Red Dates 3-20 nos.**

### **Preparation Method**

**(1)** Place all washed ingredients with water into a pot & cover with pot lid to boil on high flame. Once water starts boiling, turn to low flame & boil for 20 minutes.

**(2)** After 20 minutes, turn off flame, then remove pot lid & add maltose or honey. Stir well & ready to drink anytime.

**(3)** If you want to drink cold **Loquat tea**, let the **Loquat tea** cool down before putting it in the fridge. Advisable to finish chilled **Loquat tea** within **2 weeks** for freshness.

### **Note**

**(1)** Suitable for everyone **especially for those have sore throat, dry or heaty cough.**

**For Adults:** At 1-3 cups daily & for **Children** aged 5-12 years old at ½-1 cup once every 2-3 days.

**(2) The loquat fruit seeds** contain many toxic alkaloids like cyanogen-glycosides which, when consumed can cause serious life-threatening symptoms like vomiting, breathlessness & nausea, etc. Therefore it is advisable to remove the seeds before eating the fruit or in cooking.

**(3) Chinese almonds (Also known as Apricot kernels)** contain a toxic chemical known as amygdalin which can lead to side effects of cyanide poisoning. Its symptoms are dizziness, headache, low blood pressure, nausea, vomiting, nausea & nerve damage, etc. Therefore, it is advisable to take not more than 40 nos for each type of **Chinese almonds (North & South).**

**(4) Red Dates** have not enough reliable information about the safety intake for pregnant or

breastfeeding women if you are pregnant or breast feeding so **take in moderation.**

**(5) Red Dates** might increase your insulin level or lower your blood sugar level so **take in moderation.**

**(6) Red Dates** might interfere the **blood sugar levels during and after surgery.** Stop taking it at least 2 weeks before a scheduled surgery.

**Caution:** To drink this tea at an interval of ½ to 1 hours from medications.