Autumn Spice Tea



INGREDIENTS

- *4 parts red rooibos herbal tea*
- *3 parts cinnamon chips*
- *2 parts orange peel*
- *1 part dried ginger root*
- *1 part whole cloves*

**A part can be any measurement such as teaspoon, tablespoon, ¼ cup, cup, etc.*

DIRECTIONS

Mix all herbs together and store in air tight container.

PREPARING TEA

Fill a pan with a quart of water, add 3-4 tablespoons of the tea blend, depending on how strong you like it - I make mine strong with about 1/2 cup of tea blend per quart of water. Place the pan over medium heat, stirring herbs into the water. When the water starts to bubble turn down and let it simmer about 5 to 10 minutes. Remove from heat, strain the herbs out and add some raw honey to taste and little bit of raw cream. Mmmm, it is so good!

NOTE:

The spices in this tea promote good digestion and will even kill off the harmful bacteria that may be residing in the gut while strengthening the good bacteria that work with the body to maintain a healthy balance. It is wonderful for cold and flu season due to its antiviral, antibacterial properties. This blend can be used for other herbal preparations as well - just omit the rooibos tea.

