Bubbie's Space

Herbs for the Body • Peace for the Soul
Live Well • Naturally • Everyday

Maple Vanilla Black Tea

A smooth and comforting black tea with warm maple, creamy vanilla and a hint of spice — the perfect cozy cup for crisp fall days!

Ingredients

Makes 4 servings.

- 4 cups water
- 4 black tea bags (or 4 teaspoons loose-leaf black tea)
- 1 cinnamon stick
- 3–4 whole cloves
- 2–3 whole allspice berries
- 1 teaspoon vanilla extract
- 2–3 tablespoons pure maple syrup (to taste)
- ¼ teaspoon ground nutmeg
- ¼ cup milk or your favorite non-dairy milk (optional)
- Whipped cream (optional)

Instructions

1. **Simmer the Spices**
In a large saucepan, bring water, cinnamon stick, cloves, allspice berries and nutmeg to a boil. Reduce heat and simmer for 5–10 minutes to release the flavors.



2. **Add the Tea**
Add the black tea bags and simmer for another 3–5 minutes. Remove from heat and take out the tea bags.



3. **Add the Flavor**
Stir in maple syrup, vanilla extract and additional nutmeg to taste.



4. **Finish and Serve**
Pour into mugs. Add milk if desired and stir. Top with whipped cream and a sprinkle of nutmeg or cinnamon.



Optional Variations

- Use brown sugar instead of maple syrup.
- Add a splash of pumpkin spice for extra fall flavor.
- Try oat, almond or coconut milk for a creamy twist.
- Make it iced! Let the tea cool and pour over ice.
- Add a drizzle of caramel on top.

Bubbie's Tips

- Use high-quality black tea for the best flavor.
- Adjust the sweetness to your taste.
- For a stronger tea, steep a little longer.
- Store leftovers in the refrigerator for up to 3 days. Reheat gently or enjoy cold.
- This tea is delicious hot or iced and perfect for cozy fall days!



A Cup of Warmth, A Dash of Joy, A Happier You!