Bubbie's Space

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

Gingerbread Spice Tea

A warm, cozy blend of ginger, cinnamon, cloves and a touch of sweetness for a comforting cup of holiday cheer!



Ingredients

Makes 4 servings.

- 4 cups water
- 4–5 slices fresh ginger (or 1 tablespoon dried ginger)
- 2 cinnamon sticks
- 6 whole cloves
- 3–4 whole allspice berries
- 1 tablespoon dried orange peel (or 1 orange, sliced)
- 1 teaspoon vanilla extract (optional)
- 2–3 tablespoons honey or maple syrup (to taste)

Optional Additions

- 1–2 star anise
- A few black peppercorns
- A few slices of fresh lemon
- A slice of fresh apple
- A pinch of nutmeg

Instructions

1 Prepare the Ingredients

Wash and slice the ginger. Slice the orange and apple (if using). Gather all herbs and spices.



2 Simmer the Tea

In a large saucepan, add the water, ginger, cinnamon sticks, cloves, allspice berries, orange peel (and optional additions). Bring to a boil, then reduce heat and simmer for 15–20 minutes.



3 Add Sweetener & Flavor

Remove from heat. Stir in honey or maple syrup and vanilla extract (if using). Taste and adjust sweetness to your liking.



4 Strain and Serve

Remove the cinnamon sticks and strain the tea into mugs. Serve hot and enjoy!



Optional Variations

- Add a splash of apple cider for a richer flavor.
- Use dried lemon balm or chamomile for a calming twist.
- Make it iced! Let the tea cool and pour over ice with fresh orange or apple slices.
- Add a splash of milk or your favorite non-dairy milk for a creamy gingerbread latte.

Bubbie's Tips

- Use fresh ginger for the best flavor.
- Adjust the spices to your taste.
- Add a slice of orange or apple for a naturally sweet flavor.
- Store leftovers in the refrigerator for up to 3 days. Reheat gently or enjoy cold.
- This tea is naturally caffeine-free and perfect for any time of day!

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