Bubbie's Space

Herbs for the Body ♥ Peace for the Soul

Live Well ♥ Naturally ♥ Everyday



Cranberry Orange SPICED TEA

A warm and cozy blend of cranberry, orange and spices that's perfect for crisp fall days, Halloween gatherings or anytime you want a little seasonal magic in your cup.

Ingredients

- 4 cups water
- 2 cranberry tea bags (or 2 tbsp dried cranberries)
- 1 orange (sliced)
- 2 cinnamon sticks
- 4 whole cloves
- 2 star anise (optional)
- 1 (1-inch) piece fresh ginger, sliced (or 1/2 tsp dried ginger)
- 1–2 tbsp honey or maple syrup (to taste)
- Orange zest (optional, for extra flavor)
- Fresh cranberries (optional, for garnish)

Instructions

1. In a medium saucepan, bring water to a gentle boil.
2. Add cranberry tea bags (or dried cranberries), orange slices, cinnamon sticks, cloves, star anise and ginger.
3. Reduce heat and let simmer for 10–15 minutes to allow the flavors to blend.
4. Remove from heat and discard tea bags (if using).
5. Sweeten with honey or maple syrup to taste.
6. Pour into your favorite mug and garnish with fresh cranberries and an orange slice.
7. Sit back, relax and enjoy your Cranberry Orange Spiced Tea!

Helpful Tips

- Use fresh cranberries for a festive look.
- Add a splash of orange juice for extra brightness.
- Make a big batch and keep warm in a slow cooker for gatherings.
- Delicious hot or iced!

Optional Variations

- Add a splash of vanilla extract.
- Use blood orange for a deeper color.
- Add a pinch of nutmeg or allspice.
- Swap honey for maple syrup.
- Stir in a splash of rum (for adults only) - for a festive treat.

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