Bubbie's Space

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



Good Tea Happier People

Cinnamon Apple Herbal Tea

A warm, soothing blend of apples, cinnamon and herbs for a naturally delicious tea that comforts the body and soul.

Ingredients

Makes 4 servings.

- 4 cups water
- 2 apples (red or green), sliced
- 2 cinnamon sticks
- 4–6 whole cloves
- 1 teaspoon dried ginger (or 4–5 slices fresh ginger)
- 1 tablespoon dried hibiscus (adds beautiful color and antioxidants)
- 1 tablespoon dried rose hips (vitamin C – optional)
- 1 tablespoon dried chamomile (for relaxation)
- 1 teaspoon vanilla extract (optional)
- 1–2 tablespoons honey or maple syrup (to taste – optional)

Instructions

1. **Prepare the Ingredients**
   Wash and slice the apples. Gather all herbs and spices.



2. **Simmer the Tea**
   In a large saucepan, add water, apples, cinnamon sticks, cloves, ginger, hibiscus, rose hips, and chamomile. Bring to a boil, then reduce heat and simmer for 15–20 minutes.



3. **Strain and Sweeten**
   Remove from heat and strain the tea into a teapot or pitcher. Stir in honey or maple syrup and vanilla extract if desired.



4. **Serve and Enjoy**
   Serve hot for a cozy, comforting drink or chill and serve over ice for a refreshing iced tea.



Optional Variations

- Add orange slices for extra citrus flavor.
- Use dried lemon balm or peppermint for a calming twist.
- Add a splash of apple cider for a richer flavor.
- Make it iced and garnish with fresh apple slices.

Bubbie's Tips

- Use organic apples and herbs when possible.
- Adjust sweetness to your taste.
- Try different apple varieties for unique flavors.
- 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 Comfort in Every Season!