Bubbie's Space

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



Honey Cinnamon Green Tea

A warm, comforting and lightly spiced tea made with green tea, cinnamon, cloves and a touch of honey. Perfect for cozy days and a naturally soothing treat!

Ingredients

- 4 cups water
- 4 green tea bags (or 4 teaspoons loose leaf green tea)
- 1 cinnamon stick
- 3 whole cloves
- 1 star anise
- 1 orange slice (optional)
- 2–4 tablespoons honey (to taste)



Directions

1. In a medium saucepan, bring 4 cups of water to a boil.
2. Add the green tea bags, cinnamon stick, cloves, star anise and orange slice (if using).
3. Reduce heat and let simmer gently for 10–15 minutes to allow the flavors to blend.
4. Remove from heat and take out the tea bags, cinnamon stick, cloves and star anise.
5. Stir in honey to taste while the tea is still warm.
6. Pour into your favorite mug, garnish with an orange slice or cinnamon stick, and enjoy!

Bubbie's Tips

- Use raw honey for extra health benefits.
- Add a slice of fresh orange or lemon for a bright, citrusy flavor.
- For a stronger spice flavor, let it simmer a few extra minutes.
- You can also use loose leaf green tea and strain before serving.
- Enjoy hot or chilled over ice!

Warm Tea
Happier Days ♥