



Ingredients:

- 4 parts red rooibos herbal tea
- 3 parts cinnamon chips
- 2 parts orange peel
- 1 part dried ginger root
- 1 part whole cloves

Mix all ingredients together. Fill a pan with a quart of water, add 3-4 tablespoons of the tea blend, depending on how strong you like it - I make mine strong with about 1/4 cup of tea blend. Place the pan over medium heat, stirring herbs into the water. When the water starts to bubble turn down and let it simmer about 5 to 10 minutes. Remove from heat, strain the herbs out and add some raw honey to taste and little bit of raw cream. Mmmm, it is so good!