

Warming Seasons Tea

Adjust the ingredients to the amount you want to store. Dried herbs only. Makes a very eye catching blend in a clear jar, makes a great gift.

¾ cup Cinnamon (crushed bark not powder)

¼ cup Chicory

¼ cup Cardamon

¼ cup pink peppercorn

¼ cup dried citrus (broken up orange with rind is great)

¼ cup cloves

¼ cup star anise

½ cup ginger

optional addition 1/8 cup small rose hips

Mix and store in air tight jar. 2 tsp of tea in tea bag per 8oz of boiling water. Sweeten with stevia or honey to taste if needed.