



Recipe Name: HOT SPICED GREEN TEA

Servings: 4

Ingredients:

2	Cinnamon sticks (3 inches)
4	Individual green tea bags
½ Tsp.	Minced fresh ginger root
½ Tsp.	Grated lemon peel
4	Cardamom pods crushed
4 cups	Boiling water
2 Tbsp.	Honey

Steps to follow:

In a large bowl, combine the first five ingredients. Add boiling water. Cover and steep for 5-6 minutes. Strain, discarding tea bags and spices. Stir honey into tea. Serve immediately.

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