

GRATITUDE & HEART HEALTH

"Give thanks to the Lord,
for He is good; His love
endures forever."

— 1 Chronicles 16:34 (NIV)

Bubbie's Daily Cup of Tea

ROOIBOS MAPLE VANILLA CHAI TEA

A warm, cozy blend to help support
heart health, calm the mind and lift your
spirits — one cup at a time!

INGREDIENTS

Makes 2 cups • Prep 5 min

- 2 cups water
- 2 Tbsp rooibos tea (loose leaf or 2 tea bags)
- 1 cinnamon stick
- 3 whole cloves
- 4 slices fresh ginger
- 1 tsp vanilla extract (or 1 vanilla bean, split)
- 1–2 tsp pure maple syrup (or honey)
- 1 orange slice (optional)
- 1 star anise (optional)
- Splash of milk or dairy-free milk (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add rooibos, cinnamon, cloves, ginger, orange slice and star anise.
- 3 Reduce heat and simmer for 7–10 minutes.
- 4 Remove from heat and stir in vanilla and maple syrup.
- 5 Strain into cups.
- 6 Add milk if desired. Sip slowly and enjoy!

SCAN & VISIT



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Bubbie's TEA TIP

This naturally caffeine-free tea is
perfect for cooler days, when you need
a little comfort, warmth and gratitude.
Let each sip remind you of life's
simple blessings.

BUBBIE'S TIP

Use real maple syrup for a rich,
natural sweetness and a boost
of antioxidants!

GOOD TO KNOW

Rooibos is rich in antioxidants that
support heart health and overall wellness.
Cinnamon and ginger may help
with circulation and digestion.
Vanilla adds a calming, feel-good
flavor that soothes the soul.