

Everything HERBAL

by Cheryl Jabez

Embrace
the Cozy Season
Nourish Your Body
and Soul!

WARMTH & SEASONAL WELLNESS

"He gives strength
to the weary and increases
the power of the weak."

— Isaiah 40:29 (NIV)

Bubbie's Daily Cup of Tea

APPLE CINNAMON GINGER SPICE TEA

A cozy, comforting blend to help
support immune health, ease digestion
and warm your body from the
inside out — one cup at a time!

INGREDIENTS

Makes 2 cups • Prep 5 min

- 2 cups water
- 1 tsp dried apple pieces (or fresh, sliced)
- 1 tsp dried ginger (or fresh ginger, sliced)
- 1 cinnamon stick (or 1 tsp ground cinnamon)
- 3 whole cloves
- 1 orange slice (fresh or dried)
- 1–2 tsp honey (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add apple, ginger, cinnamon, cloves and orange slice.
- 3 Reduce heat and simmer for 8–10 minutes.
- 4 Remove from heat and let steep for 5 minutes.
- 5 Strain into cups.
- 6 Sweeten with honey if desired.
- 7 Sip slowly, breathe deeply and enjoy!

SCAN & VISIT



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Live Well • Naturally • Everyday

Bubbie's TEA TIP

This cozy tea is perfect for crisp
fall days or anytime you need a little
extra warmth and comfort. The natural
sweetness of apple, the zing of ginger,
and the warmth of cinnamon create
a soothing blend that nurtures
your body and spirit.

BUBBIE'S TIP

Add a slice of fresh orange for a
bright, uplifting flavor and a boost
of vitamin C!

GOOD TO KNOW

Ginger may help support digestion
and ease nausea. Cinnamon is rich in
antioxidants. Apples add natural
sweetness and comfort. Together, this
tea is a wonderful way to stay nourished
during the fall and winter months.

Source: NIH – Ginger; Cinnamon; Apple
Harvard T.H. Chan – Foods for Immune Support

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