

IMMUNE & COMFORT SUPPORT

“The Lord is my strength
and my shield; my heart trusts
in him, and he helps me.
My heart leaps for joy,
and with my song I praise him.”

— Psalm 28:7 (NIV)

Bubbie's Cup of Tea

ORANGE CINNAMON GINGER TEA

A warming, uplifting cup for comfort,
immunity & overall wellness!

INGREDIENTS

Makes 2 cups • Prep 5 min

- ♥ 2 cups water
- ♥ 1 orange slice (plus extra for garnish)
- ♥ 1 tsp fresh ginger, sliced
- ♥ 1 cinnamon stick (or ½ tsp ground cinnamon)
- ♥ 1 tsp honey (optional)
- ♥ 1 tsp fresh orange zest (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add ginger slices and cinnamon stick. Simmer for 8–10 minutes.
- 3 Remove from heat and add orange slice and orange zest. Let steep 5 minutes.
- 4 Strain into cups.
- 5 Sweeten with honey if desired. Sip slowly and enjoy warm!

SCAN & VISIT



DOWNLOAD THIS PAGE

www.EverythingHerbalByCherylJabez.com

Live Well • Naturally • Everyday

FOLLOW & CONNECT!



@EverythingHerbalByCherylJabez

PRINT • SAVE • SHARE



Bubbie's TEA TIP

This cozy blend is perfect for chilly days,
when you need a little warmth, comfort,
and a boost for your body and soul.

BUBBIE'S TIP

Use fresh ginger for the best flavor and
immune support. Add a slice of orange
for a burst of vitamin C!

GOOD TO KNOW

Ginger may help soothe digestion and reduce
inflammation. Oranges provide vitamin C
and antioxidants that support immune health.
Cinnamon helps support healthy blood sugar
and warms the body.

Source: Mayo Clinic – Ginger, NIH – Vitamin C,
Mount Sinai – Cinnamon