

SWEET & NOURISHING

"How sweet are thy words unto my taste! yea, sweeter than honey to my mouth!"

— Psalm 119:103 (KJV)

Bubbie's Cup of Tea

PEAR VANILLA GINGER TEA

A cozy orchard cup!

INGREDIENTS

Makes 2 cups • Prep 5 min

- ♥ 2 cups water
- ♥ 1 ripe pear, cored and thinly sliced
- ♥ 1-inch fresh ginger, thinly sliced
- ♥ 1/2 small cinnamon stick
- ♥ 1/2 tsp pure vanilla extract
- ♥ 1-2 tsp honey (optional)

DIRECTIONS

Simmer 8-10 min

- 1 Add water, pear, ginger, and cinnamon to a small saucepan.
- 2 Bring to a gentle boil. Reduce heat and simmer 8-10 minutes.
- 3 Remove from heat, cover, and steep 3 minutes.
- 4 Strain into two cups and stir in vanilla.
- 5 Sweeten with honey, if desired, and serve warm.

Bubbie's TEA TIP

A fragrant orchard tea with mellow pear, soft vanilla, and lively ginger warmth.

BUBBIE'S TIP

Choose a ripe, aromatic pear for the fullest flavor. Add vanilla only after straining so its gentle aroma stays bright.

GOOD TO KNOW

This recipe uses ginger in a modest food amount. Ginger may cause heartburn or stomach discomfort in some people. If you take medicine, are pregnant, or are breastfeeding, ask a healthcare professional before frequent medicinal use.

Source: NCCIH – Ginger Safety

SCAN & VISIT



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