

Everything
HERBAL

by Cheryl Jabez

Fall into
Wellness
One Cup
at a Time!

WARMING IMMUNE SUPPORT & SEASONAL COMFORT

"The Lord will keep you
from all harm— He will watch
over your life."

— Psalm 121:7 (NIV)

Bubbie's Daily Cup of Tea

SPICED APPLE ROOIBOS TEA

A naturally caffeine-free, warming blend
to help support immunity, aid digestion,
reduce inflammation and bring the
flavors of fall — one cup at a time!

INGREDIENTS

Makes 2 cups • Prep 5 min

- 2 cups water
- 2 tsp rooibos tea (loose or 2 tea bags)
- 1 apple, sliced (fresh or dried)
- 1 cinnamon stick
- 3–4 whole cloves
- 1 slice fresh ginger (optional)
- 1–2 tsp raw honey or maple syrup (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add rooibos tea, apple slices, cinnamon stick, cloves and ginger.
- 3 Reduce heat and simmer for 10–15 minutes.
- 4 Remove from heat and let steep for 5 minutes.
- 5 Strain into cups.
- 6 Sweeten with honey or maple syrup if desired.
- 7 Sip slowly and enjoy!



Bubbie's TEA TIP

Rooibos tea is a wonderful
caffeine-free option that is rich
in antioxidants and supports
immune health. Combined with
apple, cinnamon and cloves, this
tea helps warm the body, support
digestion and bring a cozy,
comforting flavor of fall.

BUBBIE'S TIP

Use fresh or dried apples to add
a natural sweetness. A cinnamon
stick gives extra flavor and warmth.

GOOD TO KNOW

Rooibos is rich in antioxidants,
may help reduce inflammation,
support heart health and
promote healthy digestion.
Cinnamon and cloves have
natural antimicrobial properties
that may help support immunity
during seasonal changes.

Source: NIH – Rooibos, Cinnamon, Cloves
Harvard T.H. Chan – Foods for Immune Support

SCAN & VISIT



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