

Winter Flavor Tea

Flavorful tea to keep you warm during the cold winter months

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INGREDIENTS

(makes 1 pot of tea)

- 1 cinnamon stick
 - handful of dried cranberries
 - 1 star anise
 - 3 mandarins (tangerines)
 - 1 tsp dry orange peel
 - ½ tsp dry lemon peel
 - 2-3 teabags of black tea
 - about 1.5 litres boiling water
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- 1 lemon, sliced thinly
 - some honey or any other sweetener



DIRECTIONS

1. Add the cinnamon stick, cranberries and the star anise into a medium bowl.
2. Squeeze the juice from the mandarins into the bowl making sure you get all of the juices out of each one. Don't worry if you get some fruit or seeds into your bowl, you can strain the tea at a later stage to get all of that out.
3. Then add dry orange peel, dry lemon peel and the tea. Pour over about 1 litre of the boiling water and cover for at least half an hour.
4. After half an hour, uncover the tea, remove the tea bags and strain the tea into a tea pot.
5. Pour another half a litre of boiling water over the spices and strain that also into the tea pot. This way we are getting all of the flavour out of the spices.
6. Serve the tea hot or warm, whichever way you prefer, with a slice of lemon and some honey.

Tip. You can add the cranberries to your tea if you wish and eat them while drinking the tea. They taste really yummy.