



Spicy Orange Tea

Spicy up your favourite tea with this recipe. The smell of orange and cardamoms is enticing especially in cold weather.

Serves : 2
Cooking Time : 10 minutes

Ingredients

1 pint / 570 ml boiling water
2 tea bags of your choice
1 orange, thinly sliced

Herbs & Spices

6 Cardamom Whole

Cooking Instructions

pour the boiling water over the tea bags and leave to steep for up to 5 minutes (or to taste). Strain the liquid into a saucepan. Crush the cardamoms with the back of a spoon to release the seeds. Add to the pan of tea, along with the orange. Place over a gentle heat and allow flavours to infuse for 10 minutes. Strain and serve sweetened with honey if desired.