

Spiced Green Tea

Ingredients:

2 cinnamon sticks (3 inches)
4 tablespoons fresh green tea
1/2 teaspoon minced ginger
1/2 teaspoon lemon
4 cups boiling water
2 tablespoons honey

Directions:

Begin with boiling four cups of water. After water is boiled, add in green tea, cinnamon sticks, and minced ginger. Allow this mixture to steep for five minutes. Discard tea and sticks and add in the rest of the ingredients. Optional: Add in a dash of cayenne pepper to spice it up a little more. Serve and enjoy!