

# Winter Spiced Tea



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## INGREDIENTS

1 Good & Proper Earl Grey teabag  
1 Good & Proper Lemongrass teabag  
3 slices of apple  
2 slices of ginger  
10ml honey  
Pinch of ground cinnamon

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## METHOD

1. Add the ginger, Earl Grey tea bag and the Lemongrass teabag to a cup and top with hot water.
2. Add the ground cinnamon and honey and mix.
3. Add the apple
4. Let it brew for 3 minutes.
5. Serve and enjoy!