

Hot Toddy



Ready in 30 minutes

Serves 2

Ingredients

- Cinnamon and clove tea
- 1 tablespoon green apple crystals
- 1 tablespoon ginger juice
- 1 tablespoon maple syrup or to taste
- 2 wedges lemon juice
- Dash of turmeric and cayenne

Preparation

1. Make a pot of cinnamon and clove “tea” like you would for chai.*
2. Stir in ginger juice and maple syrup.
3. Squeeze in the lemon wedges and throw them into the pot.
4. Put in a dash each of turmeric and cayenne.
5. Let sit for a few minutes.
6. Stir in the green apple crystals until dissolved.
7. Strain into a warm cup and drink up!

Tips

*It's very important to use real cinnamon! You can buy powdered Ceylon Cinnamon, or sticks that have many thin, soft, rolled layers on the inside.

To make a small pot of tea you'd need 3 sticks of cinnamon and 12 cloves in 2 cups of water. Simmer for 15 minutes.