

Apple Pie Chai Tea

Try this naturally caffeine-free blend of antioxidant-rich rooibos tea mixed with the essence of baked apples along with autumn spices cinnamon, cardamon, nutmeg, and clove. It can be enjoyed hot or cold. See notes below about various tea options you can find at the store to make this.

Ingredients

- 8 cups water
- 3-4 apple cinnamon tea bags*
- 3-4 rooibos chai tea bags*
- Optional: 1-2 tablespoons local honey
- Apple slices and cinnamon sticks

Instructions

1. Bring water to a boil. Turn off heat, add tea bags, and allow them to steep for 5-7 minutes.
2. Remove tea bags and stir in optional honey until dissolved.
3. If serving cold, let cool overnight or add a few cups of ice to cool down the brewed tea (if adding ice, use more tea bags to increase concentration of flavor).
4. Serve with sliced oranges and a cinnamon stick.

*Tea notes:

Some options for the apple cinnamon tea include: Tazo Baked Cinnamon Apple tea, Celestial Seasonings Cinnamon Apple tea, or Republic of Tea Apple Pie Chai tea.

Yogi tea makes a Rooibos Chai tea, which is naturally decaffeinated. If you want to substitute with regular chai tea or decaf chai tea that would also work in this recipe.

Recipe by Lisa Markley, MS, RDN, LD

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