



No better way wind down any chilly evening than with some perfect tea made of some sweet honey, zesty lemon and warm cinnamon. It is delicious and very nutritious too.

### Ingredients

3 lemons

1 tablespoon of freshly ground cinnamon / 1 large cinnamon stick

3 tablespoons of Honey

½ a lemon to garnish

## Method

Half two of the lemons and squeeze their juice. For the remaining lemon, half it then set aside one half for the garnish. For the remaining half, cut it into tiny pieces which shall be used to during the brewing of the tea.

Add some water into a sufuria, about 800ml. Then pour in the lemon juice and the honey. To this add the lemon pieces and the cinnamon. Let it simmer on medium low heat for about 25-30 minutes.

Sieve the tea then serve hot.



SERVE WITH: preferably on its own.

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/honey-lemon-and-cinnamon-tea/>