

## RECIPE HUB

# Spicy Coconut Tea *Holiday Drink*

Source: [www.shape.com/healthy-eating/healthy-drinks/](http://www.shape.com/healthy-eating/healthy-drinks/)



**SERVES:**

1



**COOKING TIME:**

5 MINS

If you're looking for a delicious drink to warm your soul, look no further. This tea is packed with immunity boosting powerhouse ingredients that will help soothe inflammation and digestive discomfort as well as provide anti-bacterial, anti-microbial and anti-oxidant protection.

### INSTRUCTIONS

1. In a small saucepan, bring all ingredients to a slow simmer. Let simmer for five minutes.
2. Remove from heat. Strain, if desired, or pour straight into a teacup to sip and enjoy.

### INGREDIENTS

- 1/2 cup full fat coconut milk
- 1/2 cup filtered water
- 1/4 teaspoon turmeric
- 1/4 teaspoon ground clove
- 1/4 teaspoon ground ginger
- 1/4 teaspoon vanilla
- Dash cayenne
- 1 Rooibos teabag of choice
- 1 cinnamon stick, for serving

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