



Classic and Essential Nutrition
A Corporate Nutrition & Healthy Lifestyles Consultancy



Apple Tea (3 servings)

Ingredients

- 1 whole Gala apple - leave the skin on
 - 3 cups water
 - 1 Tbsp lemon juice
 - 3 bags white tea (*or 3 tablespoons if using loose tea leaves*)
 - 1 cinnamon stick
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Preparation

- Put the water in a deep-bottomed pot and add the lemon juice. Place the pot on the flame and dunk the tea bags in it.
- As the tea comes to a boil, chop the apple up (skin on) into small cubes and add them to the boiling pot of tea.
- Simmer for about five minutes and add the cinnamon stick to the pot.
- Strain the tea out into cups and add a natural sweetener of your choice.

Note:

The leftover apples from the tea can be consumed as is. The cinnamon in the tea can help detoxify your system and fight inflammation.