

Cozy Apple Cinnamon Tea Recipe for Fall and Winter Comfort

Apple Cinnamon Tea: A Mug of Comfort for Any Chilly Day



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INGREDIENTS

2 gala apples, thinly sliced
57 thinly sliced ginger pieces (about 1-1.5 inches of fresh ginger root)
2 whole cinnamon sticks
2 tablespoons pure maple syrup
4 1/2 cups water

DIRECTIONS

- 1. Combine :** Ingredients: Add the sliced apples, ginger, cinnamon sticks, maple syrup, and water into a large pot.
- 2. Simmer :** Slowly: Cover the pot, leaving a slight gap, and set the stove to medium-low heat. Let the tea gently simmer for one hour.
- 3. Strain & : Serve:** Once it's done, pour the mixture through a superfine strainer or mesh cloth into a clean pot or pitcher.
- 4. Garnish (Optional):** Serve in your favorite mug with a thin apple slice and cinnamon stick for a lovely presentation.
- 5. Enjoy :** Hot or Cold: While it's perfect warm, this tea also makes a refreshing iced version-just chill and serve over ice.

SWAPS & NOTES

& Swaps Apples: Gala apples are sweet and hold their shape well.

Feel free to experiment with Honeycrisp or Fuji for a more tart flavor.

Ginger: Adjust the number of slices based on your spice tolerance.

Fewer for mild warmth, more for a sharper bite.

TIPS FOR SUCCESS

Simmer Gently: Avoid boiling; a low simmer draws out the flavors more effectively without bitterness.

Strain Well: A fine mesh strainer or cheesecloth ensures no bits of spice sneak into your final brew.

Make Ahead: This tea gets even better after resting.

Store in the fridge and reheat as needed.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/cozy-apple-cinnamon-tea-recipe-for-fall-and-winter-comfort/>