



Shadia's Favorite Tea Recipe

(as mentioned on page 108 of RAHAB)

Ingredients

(Links included below)

Tea (caffeinated)

[Brand: Harney & Sons Hot Cinnamon Sunset](#)

Tea (decaf)

[Brand: Harney & Sons Decaf Hot Cinnamon](#)

Cinnamon Sticks (CASSIA sticks; do not use Ceylon)

[Suggested Brand: Unpretentious Cinnamon Sticks, Pure & Natural Cassia Cinnamon Bark](#)

Whole Cloves

[Suggested Brand: Viva Doria Organic Whole Cloves](#)

Instructions

1. Boil water for a large mug (16 oz)
2. Steep all of the following in the mug of hot water for 10-12 minutes and cover
 - TWO tea bags (I use one regular and one decaf in mornings and 2 decaf at night)
 - 2 whole cinnamon sticks
 - 5-7 whole cloves
3. Strain all ingredients and enjoy! (even better with a friend)

