

# HOLIDAY TEA BLEND

Trim around the card and keep in your recipe box for easy reference or include with the gift option mentioned in the Sweet Holiday Treats article.



## HOLIDAY TEA BLEND

**Makes:** 1 batch

### INGREDIENTS

*For each batch combine all ingredients in container of choice:*

- 1/2 cup loose black tea (see tip)
- 4 star anise\*
- 1 tablespoon cardamom pods\*
- 2-3 pieces crystallized ginger\*
- 1 cinnamon stick, broken into 2 to 3 pieces



\*Star anise is similar to regular anise, but has a stronger flavor and lovely star shape that makes a nice addition to a tea mix. Look for star anise, as well as cardamom pods and crystallized ginger, in the ethnic section of the grocery store, at specialty stores or Asian markets.

**Tip:** Loose tea is available in some grocery stores, coffee shops and specialty retailers. You can also use your own favorite tea bags. Each tea bag contains about 1 1/2 teaspoons of tea. To get the equivalent amount of tea, use the contents of 16 tea bags.



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