

Sweet Treat Tea Recipe: Spiced Cozy Glow

Ingredients



- 2 cups water
- 1 cinnamon stick
- 2 thin slices of fresh ginger
- 2 cloves
- 1 star anise (optional)
- 1 tsp dried chamomile (or a chamomile tea bag)
- 1 tsp maple syrup or honey (optional)
- Lemon wedge (to finish)

Directions

1. In a small pot, bring water, cinnamon, ginger, cloves, and star anise to a gentle boil.
2. Simmer for 5–7 minutes, then remove from heat.
3. Add chamomile and steep for another 5 minutes.
4. Strain, sweeten if desired, and add a fresh squeeze of lemon.
5. Sip slowly and set an intention while you enjoy.

xo, Coach Jo