



Spiced pomegranate tea

<https://youtu.be/gJApVkg1bU>

Packed with antioxidants, this tea is a caffeine-free, warming beverage for a chilly day.

Serves 2

Ingredients :

- 2 rooibos tea bags
- 2/3 cups hot water
- 3 cups pomegranate juice
- 1 cinnamon stick
- 4 cloves
- ½ vanilla pod, split
- Selati sugar, or Selati Sweetener, to taste

Methods :

Brew the tea bags in the hot water for 3-4 minutes or until infused and fragrant. In a saucepan over a low heat, gently simmer the pomegranate juice with the spices for 5-10 minutes (depending on how spicy you like it) then add the tea. Sweeten with sugar or sweetener then serve with a cinnamon stick.