

Autumnal Tea

- 4-5 mandarin segments
- 1-2 cloves
- Small piece cinnamon bark
- 1 tbsp of tea - choose between early grey, rooibos blend or black tea
- Honey (optional)

Ginger stimulates the flow of saliva, bile, and gastric secretions & aids the movement of food through the digestive tract.



Tea

has been used for centuries as a natural healing beverage with multiple health benefits ranging from brain boosts, digestion aid, muscular pain relief & circulatory health.



30 plants per week is easy-peasy when you **pack in your Polyphenol-rich** herbs & spices!



Mulled Tea

- 1 tbsp black tea or de-caff rooibos alternative
- 2-3 apple slices
- 1 piece of cinnamon stick
- 1 star anise
- 1 grain all spice mix
- Honey (optional)

Lemons contain pectin fibre which acts as prebiotic feeding our gut bugs! Lemons are antioxidant & anti-inflammatory, detoxifying the liver & reducing inflammation!