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You will not deny when I say that, tea is the most popular beverage across the world. It not only freshens up your mind but also enhances your physical energy. You get a new enthusiasm to work and shed off all your tiredness. As the time progressed, people got bored with the same taste and the same procedure of making tea. Human mind is never satisfied with the same monotonous thing and seeks variety in every aspect of life. Tea was not an exception and people experimented with its flavors as well. Newer and better methods were invented to add more taste and spice to the already tasty tea. Different countries contributed in different manner and each recipe surpassed the previous ones. With the varying tastes of the drinkers, the preferences also vary. Many types of flavored tea have also started to dominate the market. Some of the popular varieties are orange spice tea and cinnamon spice tea. There are some others like jasmine tea, coconut tea, vanilla tea and hazelnut tea.

These flavors are nothing but popular herbal tea having a refreshing taste and aroma. Often these flavored teas are suggested by the doctors because they have some beneficial effects on health as well. Some of the positive effects on health are appetite stimulation, digestive disorder prevention, calming and reducing of blood pressure etc. If we concentrate on orange spice tea alone, it is very much popular, having many ingredients and preparation methods. But whatever be the recipes, there are some common ingredients like black tea leaves and dried orange peels. The rest of the ingredients can be chosen from ginger, cloves, rosehips, blackberry leaves, roasted chicory and hibiscus. It is seen that every spice is added in small quantity and generally depends on the desired taste and aroma. Some people also prefer adding sugar or honey to the tea. Adding some fresh fruits and herbal leaves is also a common choice. Either you can make a cup of this variety for yourself, or visit the local store to buy the packaged version. Some premium tea brands sell their packaged versions.

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For more information on a orange spice tea, check out the info available online; these will help you learn to find the a cinnamon spice tea!

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