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The hot beverage â€œTeaâ€• is a rage among the youngsters all over the world. After coffee, people prefe sipping tea in the morning. Tea is also available in many flavours some of them are cinnamon spice tea, green tea, orange tea, black tea and etc. These flavoured teas are consumed widely by the passionate tea lovers. Many tea lovers prepare flavoured teas by adding spices that contains high nutritional value. These flavoured teas are often recommended by many health care professionals.

Drinking a cup pf hot and spicy tea stimulates the body in winter and boosts concentration power. Thus you must consume it on daily basis. To consume it regularly you must learn the process of making the orange spice tea properly at home. Learn the process of making this flavoured tea, given below;

To prepare the orange spice tea you will need the following ingredients;

â€¢ Cinnamon stick,

â€¢ 5 or 6 whole clove

â€¢ Dried orange peel

â€¢ 2 Whole black peppercorns

â€¢ 1 cheesecloth bag

â€¢ 6 tea bags

Now once ready, put all these ingredients in a bowl and mix. After the mixture is created then take the cheesecloth bag and put the spice mixture and tea bags in it. Now bind these together. Make sure you have removed the strings from the teabags. Once done, then boil about 8 cups of water. When the water starts boiling just add the cheesecloth bag and cover it for 5 minutes in that condition. Your hot and spicy orange tea is ready.

Now to prepare the cinnamon spice tea just follow, the same method and instead of the orange peels add the cinnamon sticks in the mixture. Then add some milk and sugar to taste. Your hot and flavoured Indian masala tea is ready.

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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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