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For centuries, tea has been the most consumed beverage around the world. As the time advanced, different types of flavored tea have become popular. Some of the most popular flavors of tea around the world are jasmine tea, coconut tea, vanilla tea, hazelnut tea etc. Orange spice tea is also one of the popular herbal tea having a refreshing taste and aroma. It has some beneficial effects on health like appetite stimulation, digestive disorder prevention, calming and reducing blood pressure. Several recipes of orange spice tea are popular having different ingredients and preparation methods. But in all recipes, black tea leaves and dried orange peels are common. The optional ingredients are ginger, cinnamon, cloves, rosehips, blackberry leaves, roasted chicory, hibiscus etc. Each spice is added in small quantity for different taste and aroma. Here is an easy direction to prepare the tea:

Prepare a mixture with cinnamon stick, orange peels, cloves and peppercorns.

Put the mixture and tea bags into a cheese cloth bag. Tie the bag with string.

Take a few cups of water in a bowl and place it on oven. When the water starts to boil, put the cheesecloth bag in it and allow it to boil for 5 minutes and it is ready.

Do not steep it longer as the tea may become bitter.

Some people like it with a little sugar. Some add honey to it. To prepare ice tea, the procedure is same, just allow the tea to become cool and add ice. Adding some fresh fruits and herbal leaves can make the flavor even better.

It is available in the tea shops as readymade loose leaves and tea bags. One can also find it in the grocery shop as packaged product. Some premium tea brands like Lipton, Celestial Seasoning, Yogi Tea and Bentleyâ€™s Tea have their packaged orange spice tea in the market.

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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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