

Spiced Grapefruit Tea



video > Spiced Grapefruit Tea

Try this exotic blend of tangy grapefruit and a medley of spices for your cold winter days.



serves 2-3 and ready in approx. **15min**

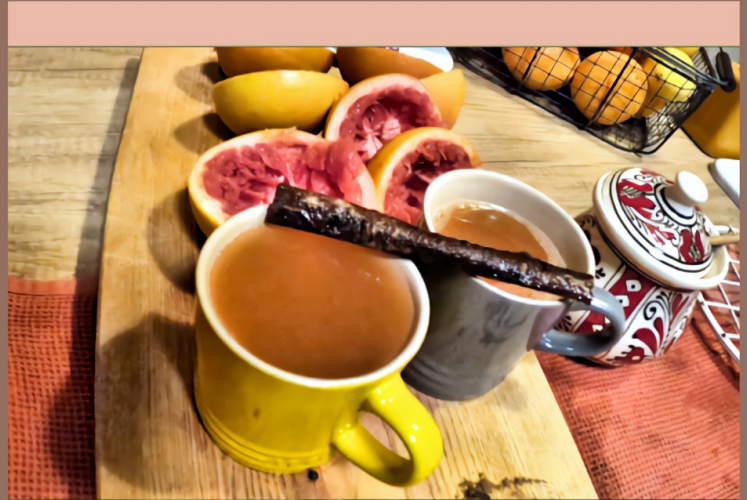
Shopping LIST:

500ml juice of fresh squeezed Grapefruit,
10 peppercorn & 10 coriander seeds, 4 cloves,
1 cinnamon stick, honey to taste, a pinch of nutmeg.

Method:

- Place the grapefruit juice, cloves, peppercorns & coriander seeds and the cinnamon stick in a pan and heat.
- Keep the mixture almost at simmering point (approx. 5 minutes).
- Remove from the heat and strain.
- Be generous with honey and stir.
- Serve in a cup with a dash of nutmeg.

"enjoy your drink"



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