

APPLE PEEL TEA



INGREDIENTS

The peels and cores of 5 apples

4 cups water

2 ½ tb brown sugar

2 whole cloves

1 cinnamon stick



METHOD

1. Place the apple peels and cores, water, and brown sugar in a medium saucepan.
2. Bring to a full boil, then reduce to a simmer with the lid on.
3. Add the cloves. Let simmer for one hour.
4. After one hour, turn off the heat, add the cinnamon stick.
5. Let sit for 45 minutes to an hour.
6. Pour the tea through a fine strainer, and discard the strained apple mush.
7. Liquid can be stored in a container in the fridge.
8. Apple tea can be drunk cold or reheated.