



# Article Side

Orange Spice Tea Keeps You Hale and Hearty by [James](#)

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Tea is perhaps the most consumed beverages of all. Earlier, it had only one function to refresh your mind and soul and also one flavor. As time progressed, it started to appear in various other flavors. They have also gained reputation just like the original version. To name a few of the most accepted flavors of tea around the world are jasmine tea, coconut tea, vanilla tea, hazelnut tea etc. Recently another such flavor has climbed up the ladders of fame, the orange spice tea. It is an herbal tea which has medicinal values and has a strong refreshing taste and aroma. It helps in the cure of various stomach disorders like appetite spur, digestive turmoil avoidance, calming and also in dipping blood pressure.

The orange spice tea is found in the market in a number of composing ingredients and in diverse preparing methods. But two things are quite common in all the recipes namely black tea leaves and dried orange peels. The elective ingredients that are added according to the recipe are ginger, cinnamon, cloves, rosehips, blackberry leaves, roasted chicory, hibiscus etc. Each of them is added in small quantity to impart a different flavor and smell. The preparation of the orange spice tea is simple. First a mixture is prepared with cinnamon stick, orange peels, cloves and peppercorns. The tea bag along with the prepared mixture is put into a cheese cloth bag. The mouth of the bag should be tied closely with a string. There after a few cups of water should be boiled with the bag placed inside the bowl. This should be done for just about 5 minutes or the orange spice tea may become bitter in taste.

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