

December 2011 – January 2012

me time

tea break

TAKE A MOMENT TO RECHARGE WITH SUGAR, SPICE AND EVERYTHING NICE

Between wrapping gifts, cooking special meals and running holiday treats to school and work, it's tough to keep your energy up and your spirits merry and bright. Don't forget to take some time out to relax so the season doesn't pass you by. Our simple seasonal tea has a little caffeine to help you tackle your to-do list, and a lovely blend of spices that make it a special treat.

Apple Spiced Tea

When was the last time you stopped for afternoon tea? After you try this sweetly spiced drink, you'll make it a regular event.

SUSAN WESTERFIELD
ALBUQUERQUE, NEW MEXICO

PREP/TOTAL TIME: 10 min.
SERVES: 1

- 1/4 cup apple cider or juice
- 1/4 tsp. minced fresh gingerroot
- 2 whole allspice
- 2 whole cloves
- 1 black tea bag
- 1/2 cup boiling water
- 1 Tbsp. brown sugar

COMBINE FIRST FIVE INGREDIENTS in a small bowl. Add boiling water. Cover and steep for 5 minutes. Strain, discarding tea bag and spices. Stir in sugar. Serve immediately. ♦

Nutrition Facts: 1 cup equals 112 calories, trace fat (trace saturated fat), 0 cholesterol, 12 mg sodium, 28 g carbohydrate, trace fiber, trace protein. Diabetic Exchanges: 1 starch, 1 fruit.

+ FIND MORE "ME TIME" TEAS AT TASTEATHOME.COM/TEA



APPLE SPICED TEA
46¢ PER SERVING

Tea Time

A FEW OF OUR FAVORITE WAYS TO SAVOR ME TIME



As you enjoy a spot of tea, read something uplifting. In *It's the Little Things*, Amy Collins offers 300 bite-size tips on ways to make each day a little nicer.

williamandallpublishing.com; \$10



Buttery nibbles from the **Biscoff & Coffee Canister** are delicious with coffee, tea, milk—stop us before we go on! It also makes a cute tea container after treats are gone.

biscoff.com; \$27



Some might call **Bodum's Tea for One** a bit of double-walled perfection. The tea strainer for loose leaves makes us want to celebrate teatime every day.

bodum.com; \$18