Cinnamon Clove Tea is a cozy and bold blend rooted in traditional wisdom. With its rich aroma and naturally sweet-spicy taste, this tea is your go-to cup for cold mornings, sluggish digestion, or seasonal immunity boosts.

What Is Cinnamon Clove Tea?

It’s an herbal infusion made with dried cinnamon bark and cloves, two potent Ayurvedic spices that warm the body, aid digestion, and clear stagnation. Naturally caffeine-free, it’s perfect any time of day when you need grounding energy.

How to Make Cinnamon Clove Tea : The Traditional Way

Ingredients:

- 1 small stick **cinnamon** (Ceylon preferred)
- 2–3 whole **cloves**
- 1½ cups **water**
- ¼ tsp **grated ginger** or **a small cardamom pod** (Optional)
- ½ tsp **palm sugar** or **dry ginger jaggery** for sweetness (Optional)

Method:

1. **Crush the cinnamon and cloves** lightly using a mortar or rolling pin.
2. **Boil water**, add the crushed spices, and **simmer for 5–7 minutes**.
3. Turn off the heat and let it **steep for another 2 minutes**.
4. **Strain** into a cup and sweeten naturally if desired.
5. **Serve hot** and inhale deeply, the aroma is half the therapy.

Ayurvedic Benefits

1. **Stimulates Agni** (digestive fire), reduces bloating and indigestion
2. **Warms the body**, perfect for vata and kapha imbalance
3. **Relieves mild sore throat** and congestion
4. **Improves circulation** and fights ama (toxins)
5. Cinnamon helps regulate **blood sugar levels**, while clove is known for **antimicrobial** properties

Pro Tips from the Indian Kitchen

- Use **Ceylon cinnamon** for its gentle sweetness and lower coumarin content.
- Toast spices for 30 seconds before boiling to enhance flavor.
- Pair with **fennel** if you want a milder post-meal digestive version.
- Store a pre-mixed powder of cinnamon and clove for quick brewing.

❤ Why We Love Cinnamon Clove Tea

- It feels like a warm hug from within
- It’s simple, yet deeply healing
- You can sip it guilt-free, no caffeine, just clarity
- It’s a natural immunity tonic dressed as comfort

Ideal For

- Cold mornings or rainy evenings
- Post-meal digestion aid
- Seasonal transitions (especially autumn/winter)
- Grounding and warming during vata/kapha imbalance

