



# Cinnamon Orange and Manuka Honey Tea

EASY · 15 MINS

Zingy citrus, and sweet Manuka honey contrasts with woody black pepper in this tasty sore throat soother. This all-natural – and super tasty – tea harnesses the antimicrobial and health-supporting benefits of nature's sweet superfood.



SKILL LEVEL  
Easy

PREP TIME  
5 mins

COOKING TIME  
10 mins

SERVINGS  
1

Visit [capilano.com.au](https://capilano.com.au) to learn how to swap honey for sugar in your recipes.

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## Ingredients

- A squeeze of [Capilano Active Manuka Honey](#)
- 1 ¼ cup water
- 1-inch cinnamon stick
- 4 slices of fresh orange
- 1 dash of black pepper
- 1 piece ginger, 1-2 inches (2-4cm)

## Method

1. Pour the water into a saucepan. Add cinnamon stick, ginger and 3 slices of lemon.
2. Let the water come to a boil, then reduce to medium heat and let it simmer for 3-5 minutes until the water reduces to only 1 cup.
3. Take off the heat. Mix well, strain and pour into a mug.
4. Add your squeeze of Capilano Manuka Honey and black pepper. Stir. Finish off with a slice of fresh orange.
5. Tip: Serve cold with slices of seasonal fruit for a nourishing non-alcoholic punch.

## Used in this recipe



### ACTIVE MANUKA HONEY Nature's Sweet Superfood

Made by some of the world's healthiest bees\*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

#### Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

#### Boost your Daily Health Routine

Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

\*Vella, G. 2016. Issue 215. CSIRO.

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