

- Prep Time: 2 Minutes
 - Cook Time: 8-10 Minutes
 - Total Time: 12 Minutes
 - Yield: 1 Serving (approx. 250ml/8oz)
 - Category: Beverage / Wellness
 - Cuisine: Global / Home Remedy
 - Difficulty Intensity: Low (Easy)
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The “Intensity” Guide

To make the perfect cup, you need to manage three specific intensities: Heat Intensity, Steep Intensity, and Sweetness Intensity.

1. Heat Intensity (Medium-High)

You do not want a rolling boil for the entire duration, as this can evaporate the water too quickly and scorch the cinnamon, making it bitter. You want a gentle simmer. If you are using a microwave, you want the water to be just below boiling (around 200°F/93°C).

2. Steep Intensity (Time-Dependent)

- Light Steep (5 Minutes): A subtle, golden color with a faint cinnamon aroma. Good for those who find the spice overwhelming.
- Medium Steep (8-10 Minutes): The “Goldilocks” zone. The water turns a deep amber, and the flavor is robust but smooth.
- High Steep (15+ Minutes): A medicinal, dark brew. Very strong, slightly astringent. Best for when you have a sore throat and want maximum potency.

3. Sweetness Intensity (Adjustable)

Honey is the star here, but it burns easily. You must add it at the end of the process. If you add honey to boiling water, it destroys the delicate enzymes and floral notes. Stir it in when the tea is warm, not scalding.

Ingredients

To make this recipe, you likely already have everything you need in your pantry.

- 1 cup (250ml) Water: Filtered water is best for the cleanest taste.
- 1 Cinnamon Stick (3-4 inches): Ceylon cinnamon is preferred for its delicate, sweet flavor. Cassia cinnamon works too but has a stronger, spicier kick.
 - *Substitution:* If you don't have sticks, use 1/2 teaspoon of ground cinnamon. Note: Ground cinnamon will make the tea cloudy and gritty; you will need to strain it.
- 1 to 2 teaspoons Raw Honey: Manuka honey is excellent for health benefits, but clover or wildflower honey works beautifully.
 - *Vegan Option:* Use Maple Syrup or Agave Nectar.
- Optional Add-ins:
 - 1 slice of fresh Lemon: Adds a zesty brightness and Vitamin C.

- 1 slice of fresh Ginger: Adds a spicy, warming kick.
 - 1 pinch of Nutmeg or Clove: For a “Chai-like” depth.
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Instructions

Step 1: The Preparation (Intensity: Low)

If you are using a cinnamon stick, give it a quick rinse. If you want a stronger flavor, you can break the stick into two or three smaller pieces. This exposes more surface area to the water. If you are using fresh ginger or lemon, slice them now.

Step 2: The Extraction (Intensity: Medium-High)

Stovetop Method (Recommended):

In a small saucepan, combine the water and the cinnamon stick (and ginger, if using). Place over medium-high heat. Bring the water to a gentle simmer. Do not let it reach a violent, rolling boil. Allow it to simmer for 8 to 10 minutes.

Microwave Method (Quick):

Place the cinnamon stick in a microwave-safe mug with the water. Heat on high for 2 minutes, or until the water is steaming hot but not boiling over. Remove and let it sit for 5 minutes to steep.

Why this matters: Simmering extracts the essential oils (cinnamaldehyde) from the cinnamon, which is where the flavor and the health benefits live.

Step 3: The Strain (Intensity: Low)

If you used a cinnamon stick, remove it with a spoon (or leave it in if you like a strong flavor as you drink). If you used ground cinnamon, you must pour the liquid through a fine-mesh strainer or a coffee filter into your mug. Discard the solids.

Step 4: The Sweetening (Intensity: Gentle)

This is the most crucial step. Allow the tea to cool for about 1 minute. The ideal temperature for honey is around 110°F (43°C)—warm enough to dissolve, but not hot enough to kill the nutrients. Stir in your raw honey until it is fully dissolved.

Step 5: The Finish

Add your lemon slice or a dash of nutmeg if desired. Give it a final stir. Breathe in the steam deeply before taking your first sip.

Recipe Notes & Variations

- The “Cold” Version: Cinnamon Honey Iced Tea is fantastic in the summer. Brew the tea as directed, let it cool to room temperature, then refrigerate. Serve over ice with a squeeze of lemon. Do not add honey until the tea is cool, or it will sink to the bottom.
- The “Milk” Version: For a creamy treat, replace half the water with almond or oat milk. Simmer the cinnamon in the water first, then add the milk and heat gently (do not boil the milk). This makes a delicious “Cinnamon Honey Latte.”
- The “Spicy” Version: Add a dash of cayenne pepper. This creates a “Fire Cider” style tea that is incredible for clearing sinuses.

Nutrition Information

Disclaimer: The nutritional information below is an estimate based on standard ingredients and is for informational purposes only. Actual values may vary based on the specific honey and cinnamon used.

Serving Size: 1 Cup (250ml)

Calories: 60–70 kcal

Total Fat: 0g

Sodium: 2mg

Total Carbohydrates: 17g

Dietary Fiber: 0.5g

Total Sugars: 16g (depending on honey amount)

Protein: 0g