

Prep Time: 10 minutes

Cook Time: 12–15 minutes

Steeping Time: 5 minutes

Total Time: Approximately 30 minutes

Yield: 2 servings (about 500 ml total)

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Ingredients

For the Clove Base

- 10–12 whole dried cloves
- 500 ml filtered water
- 1 small knob fresh ginger, lightly crushed (optional, for extra warmth)

For the Guava Component

- 1 medium ripe but firm guava (about 120 g), washed and roughly chopped

- 2 tablespoons fresh lime juice (about 30–40 ml)
- ½ teaspoon lime zest (optional)

To Finish (Optional)

- 1 teaspoon raw honey or preferred sweetener
- A tiny pinch of sea salt
- Fresh mint leaves or lime slices for garnish

Instructions

Step 1: Build the Clove Decoction

Combine 500 ml filtered water and 10–12 whole cloves in a small stainless steel saucepan. If using ginger, add it now. Place the saucepan over medium-high heat and bring to a rolling boil. This should take about 3–4 minutes. Once boiling, immediately reduce the heat to low, cover with a tight-fitting lid, and let the cloves simmer gently for 10 to 12 minutes. The liquid should barely bubble—a slow, quiet simmer is ideal for extracting the warm, eugenol-rich oils from the cloves without evaporating too much water. After the simmer, turn off the heat and let the pot sit covered for 5 additional minutes to steep. Strain out the cloves (and ginger) and set the clove tea aside to cool to lukewarm.

Step 2: Prepare the Guava Puree

While the clove tea cools, wash and chop the guava. If your guava has hard central seeds and your blender is not high-powered, scoop them out before chopping. Place the chopped guava into a blender with about ½ cup (120 ml) of the lukewarm clove tea. Blend on high speed for

45 to 60 seconds until the mixture becomes a smooth, pale-green puree. The lukewarm tea helps the blender run smoothly without cooking the fruit.

Step 3: Combine and Emulsify

Pour the remaining clove tea into the blender with the guava puree. Add the fresh lime juice, lime zest (if using), and a tiny pinch of salt. If you want sweetness, add the honey now. Pulse on medium speed for 10 to 15 seconds—just long enough to integrate everything without whipping in excess air, which would create an unpleasant foam .

Step 4: Choose Your Texture

For a rustic, fiber-rich drink, pour directly from the blender into mugs. For a smoother, more tea-like consistency, strain the liquid through a fine-mesh sieve or cheesecloth, pressing the solids gently with the back of a spoon to extract all the liquid while leaving behind coarse pulp and any seed fragments.

Step 5: Serve

Serve warm in glass mugs for a comforting experience, or pour over ice for a chilled version. Garnish with a lime slice or a fresh mint leaf. This tea is best enjoyed fresh, but you can refrigerate leftovers in a sealed jar for up to 24 hours—shake well before drinking.

Time and Intensity Summary

Phase	Heat Intensity	Duration
Bringing water to boil	Medium-high	3-4 minutes
Simmering cloves	Low (gentle bubble)	10-12 minutes
Off-heat steeping	None (covered)	5 minutes
Blending guava	High speed	45-60 seconds
Final pulse	Medium speed	10-15 seconds

Nutrition (Estimated per Serving)

Note: Values are approximate and depend on guava size, sweetener use, and whether the pulp is strained. Data is based on comparable guava-clove infusion recipes .

Nutrient	Amount per Serving (approx. 250 ml)
Calories	45–60 kcal
Protein	1 g
Carbohydrates	11–14 g
– Dietary Fiber	3–4 g (higher if unstrained)
Fat	0 g
Vitamin C	Significant contribution (from fresh guava and lime)
Sugars	4–6 g natural (plus added honey if used)