

**Resources for Hot Drinks for Health Saturday 12th of December 2020**

**Important Points to note:**

Boiling water is used when making the hot drinks in this zoom presentation, so therefore caution is advised at all times when removing saucepans of very hot or boiling water from the hob and also when pouring boiling/very hot water into heatproof cups or heatproof glasses. Care is also required when using knives to chop ingredients.

This zoom is only recommended for individuals aged 16+ with a responsible adult supervising at all times.

Please ensure that your hot drink has cooled to a drinkable warm temperature before you drink it, so as not to scald the lips/mouth/tongue.



Cranberry and Star Anise Hot Drink

*Ingredients:*

2 whole star anise

150ml cranberry juice

*Method:*

1. Pour the cranberry juice into a saucepan.
2. Add the star anise to the cranberry juice.
3. Bring slowly to just under the boiling point.
4. Carefully pour into a heatproof glass or cup.
5. Leave the star anise floating on top in the glass/cup. Drink whilst still warm. Serves 1.

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Apple Tea**.**

*Ingredients:*

3 organic apples

4 whole cloves

425ml of water

*Method:*

1. Wash the apples and carefully cut into rough chunks.
2. Put the apple pieces, cloves and water into a saucepan.
3. Simmer for 30 minutes.
4. Carefully sieve and pour into heatproof glasses/cups. Thin out carefully with more boiling water (if necessary).
5. Drink whilst still warm. Serves 2.

Liquorice and Cinnamon Hot Drink

*Ingredients:*

½ inch long piece of liquorice

half a lemon (juiced)

½ inch long piece of a cinnamon stick

honey to taste (optional)

*Method:*

1. Put the liquorice into a large heatproof glass/mug.
2. Carefully cover the liquorice in the mug with boiling water and leave to dissolve.
3. Add the cinnamon stick and lemon juice to the mug.
4. Stir in the honey of using.
5. Drink whilst still warm. Serves 1.



Apple Cider Vinegar and Ginger Tea

*Ingredients:*

2 tsp raw apple cider vinegar

5 thinly sliced, slices of peeled ginger root

¼ tsp ground cinnamon

½ lemon (juiced)

pinch of cayenne powder

475ml of water

honey to taste (optional)

*Method:*

1. Put the water, ginger slices and cinnamon into a saucepan.
2. Place over a medium heat, once it comes to the boil reduce the heat and simmer for 10 minutes.
3. Carefully remove the saucepan from the heat, add the apple cider vinegar, lemon juice, cayenne pepper and honey if using. Stir.
4. Carefully strain and pour into a heatproof glass/mug and drink when still warm. Serves 1.

