

Sugar Plum Fairy GGMS

THM-Friendly Sipper

- 1 cup just off the boil water
- 5 bags Celestial Seasoning Sugar Plum Spice tea bags
- 1/4 cup THM [Gentle Sweet](#)
- 1/4 cup [baobab powder](#)
- Heaping tsp. ginger paste
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 2 Tbsp. lemon juice
- 2 Tbsp. apple cider vinegar
- 1 tsp. [cherry extract](#)
- 2 quarts water

Brew tea in hot water for 10-15 minutes.

Add all ingredients and mix well. Add cold water.

Ingredients will settle in the fridge so stir again before serving.

enJOY!

