

RECIPE



Warm Grapefruit Tea

(adapted from Martha)

Ingredients

Juice from 2 grapefruits (about 2 cups)

3 - 4 tablespoons local honey

1 cinnamon stick

½ teaspoon whole allspice berries

In a medium pot, combine juice, honey, cinnamon, allspice, and ½ cup water. Bring to a boil over high heat; strain and discard solids. Serve with a strip of zest.