



## APPLE-PEEL-CINNAMON-TEA

You just baked an apple pie and don't know what to do with the apple peels? Use them to make a delicious tea! Apple peels are full of vitamins and important nutrients and shouldn't be thrown away. Add a teaspoon of cinnamon and you'll get a fruity and sweet tea, which will keep you warm on cold winter evenings.

### INGREDIENTS

#### For 500 ml:

The peels of 1 apple  
1 teaspoon cinnamon  
500 ml hot water

### PREPARATION

Put the apple peels along with 1 teaspoon of cinnamon in the BODDELS HEET vacuum flask. Add a little hot water and stir until the cinnamon dissolves. Then add the rest of the hot water and let the tea rest for 15-20 minutes.

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and other healthy drinks on [www.boddeels.com](http://www.boddeels.com)