

Grandma’s Spice Tea Punch (makes about 2 quarts or 24 punch cup servings)

This sweet red punch, typical of Traditional Southern gatherings is perfect for your Juneteenth celebration!

Kitchen tools:

1 large stock pot	1 large glass or plastic bowl or pitcher
cheesecloth	1 knife, 1 spoon
1 cutting board	1 set measuring spoons and measuring cup

Ingredients:

1 inch cinnamon stick	1 quart water
20 whole cloves	1 ½ c. sugar
20 whole allspice berries	1 quart pineapple juice
3 tbsp. loose black tea*	fresh lemon slice or fresh mint for garnish
3 tbsp. loose orange tea*	
3 tbsp. loose cinnamon tea*	

*can be replaced with 3 tea bags of each tea type

What to Do:

1. Tie spices in cheesecloth bag. Put loose tea in cheesecloth or and tie (or remove tag from tea bags and tie together).
2. Put water in stockpot and bring to boil. Remove pot from heat. Add tea and spice bags. Allow to steep for 10 minutes. Remove tea and spice bags.
3. Add sugar and mix well. Allow to cool completely.
4. Place mixture in large glass or plastic bowl. Add pineapple juice.
5. Add to large glass or plastic bowl or pitcher. Refrigerate.
6. Serve with ice and garnish of lemon or mint. Enjoy!

June 2022 by U.R. Taylor, MS, RDN, CDN, Educator/EFNEP Supervisor

Adapted from The African American Heritage Cookbook, Tuskegee Institute/Carolyn Quick Tillery, Birch Lane Press, Carol Publishing Group Edition, 1997