

# Holiday Aromatherapy – Simmering Spices for Your Kitchen



This isn't a recipe for food you can eat. This is s a recipe for making your house smell wonderful for the holidays. Even if your Christmas tree is artificial you can fill up your kitchen (and beyond) with the smells of the season. No calories. Just whiffs of wonderful.

This recipe is variable; depending on your tastes. I'd recommend you choose cinnamon sticks as one of your 3 – 4 choices to put in your mix, but that's cuz I'm a cinnamon nut. Choose 3 or 4 items and make your own brew. Don't drink it though. It will likely taste awful. It's the aroma you're after.

Recommended items and quantities:

- 3 cinnamon sticks
- 1 tsp of dried orange peel or use fresh peel pieces
- 1 tsp of dried lemon peel or use fresh peel pieces
- $\frac{1}{2}$  tsp of ground cloves or use dried whole cloves
- 3 bay leaves
- 3 pieces of star anise

- 1 tsp of nutmeg

Get out a small sauce pan. Put in up to 2 cups of water. Add your 3 or 4 selected items. Put the water on to boil. Once boiling, turn down and let simmer for about 10 minutes. After that you can turn it off and let the wonderful smells waft through the kitchen and beyond.

Later you can turn it back on again and heat it once more. Don't ever leave it boiling unattended. Add more water as needed.

Cheers!