



Apple peel tea

5'

Hands on

5'

Cook Time

4

Portion(s)

1

Difficulty



Ingredients

- 1 liter water
- peels of 1 apple
- 1 cinnamon stick
- 3 cloves
- 50 g honey
- 2 tea sachets of your choice, to serve

Διατροφικός πίνακας

Nutrition information per portion

48 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	12.0 Total Carbs (g)
2%	0%	0%	5%
11.0 Sugars (g)	0.0 Protein (g)	0.0 Fibre (g)	0.0 Sodium (g)
12%	0%	0%	0%

Method

- In a **saucepan** add the water, apple peels, cinnamon stick, cloves, and honey.
- Place over medium heat and boil by mixing with a wooden spoon for 4-5 minutes until the honey melts.
- Remove the saucepan from the heat and add the tea sachets. Leave them in for a few minutes according to the packet's instructions.
- Drain and serve.

Tip

You can replace the honey with 100 g sugar. If you don't want any sugar or honey, you can simply omit them from the recipe.