



Orange peel tea

5'
Hands on

5'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 1 liter water
- orange peels, of 1 orange
- 1 star anise
- 3 pods cardamom
- 50 g honey
- 40 g green tea, to serve

Διατροφικός πίνακας

Nutrition information per portion

47 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	11.0 Total Carbs (g)
2%	0%	0%	4%
10.0 Sugars (g)	0.0 Protein (g)	0.0 Fibre (g)	0.0 Sodium (g)
11%	0%	0%	0%

Method

- In a **saucepan** add the water, orange peels, star anise, cardamom seeds, 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

Instead of honey, you can add 100 g sugar. If you don't want any sugar or honey, you can simply omit them from the recipe.