

Café de Olla (Traditional Mexican Coffee)

Ingredients:

- **6 cups water**
- **1 (8 oz.) piloncillo** or brown sugar, to taste
- **2 cinnamon sticks** (preferably Mexican)
- **4 whole cloves**
- **1 star anise**
- **6 tablespoons ground dark roast coffee** (not instant)

Instructions:

- 1. Boil the Water:**
 - In a large pot, bring the water to a boil.
- 2. Add Sweetener and Spices:**
 - Add the piloncillo or brown sugar to the boiling water and stir until dissolved.
 - Add the cinnamon sticks, cloves, and star anise. Stir to combine the flavors.
- 3. Add the Coffee:**
 - Stir in the ground coffee, ensuring everything is well mixed.
- 4. Simmer:**
 - Bring the mixture to a rolling boil again and then remove from heat.
- 5. Steep and Strain:**
 - Cover the pot and allow the coffee to steep for 5 minutes.
 - Strain the mixture into cups, removing the spices and coffee grounds.
- 6. Serve:**
 - Pour the coffee into cups and enjoy warm.

Nutritional Breakdown per Cup (approximate):

- **Calories:** 90 kcal
- **Carbohydrates:** 22 g

- **Protein:** 0 g
- **Fat:** 0 g
- **Fiber:** 0 g
- **Sugars:** 21 g
- **Sodium:** 3 mg