

Ginger Orange Tea Recipe

Ingredients (Serves 2):

- 1 - 1 inch piece of ginger, sliced
- 1 cinnamon stick
- 3 whole cloves
- 4 thick pieces of orange peel
- 1 1/2 to 2 cups water
- *Optional:* 1 1/2 teaspoons honey (for sweetness)

Instructions:

1. Place the ginger, cinnamon stick, cloves, orange peel, and water in a small pan.
2. Bring to a boil, stirring until the honey dissolves (if using).
3. Reduce heat and simmer for 5 minutes to let the flavors infuse.
4. Strain the tea and serve warm.

Nutritional Breakdown per Cup (Approximate, without honey):

- **Calories:** 10 kcal
- **Protein:** 0g
- **Fat:** 0g
- **Carbohydrates:** 3g
 - Sugars: 0g (unless honey is added)
 - Fiber: Trace amounts
- **Vitamin C:** 5% DV (from orange peel)

If honey is added:

- **Calories:** 45 kcal (including 1 1/2 tsp honey)
- **Sugars:** 11g (from honey)