

# Ancient Detox Tea

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/ancient-greek-recipe>

## Ingredients:

- 1/2 teaspoon ginger fresh grated
- 1/2 teaspoon cloves
- 1/2 teaspoon ceylon cinnamon
- 1/8 teaspoon turmeric
- 1 cup water
- 1/2 cup almond milk or organic regular milk
- 1 pinch cardamom organic honey to taste

## Nutrition:

1. Calories: 15 calories
2. Carbohydrate: 2 grams
3. Fat: 0.5 grams
4. Protein: 1 grams
5. Sodium: 20 milligrams
6. Sugar: 1 grams

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