

# Anti Inflammatory Tea

Yield: 2 min  
Total Time: 7 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-anti-inflammatory-natural-drink-recipe>

## Ingredients:

- 1 tablespoon fresh ginger peeled & chopped
- 1/2 teaspoon turmeric ground
- 3 tablespoons honey
- 1 teaspoon apple cider vinegar
- 3 orange slices
- 3 cups boiling water

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 71 grams
3. Fiber: 14 grams
4. Protein: 3 grams
5. Sodium: 25 milligrams
6. Sugar: 26 grams

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