

# Turmeric Tea

Yield: 1 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-turmeric-tea-recipe>

## Ingredients:

- 1 tea bag peppermint
- 1 cup hot water
- 1 1/2 teaspoons ginger chopped
- 1/8 teaspoon turmeric
- 1/8 teaspoon cinnamon
- 1 tablespoon raw honey
- 1 dash black pepper

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 18 grams
3. Sodium: 15 milligrams
4. Sugar: 17 grams

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