

# Hot Cinnamon Tea

Yield: 2 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-cinnamon-tea-recipe>

## Ingredients:

- 1 teaspoon ceylon cinnamon
- 1 teaspoon black tea or Roiboos
- 1 cardamom pod
- 1/4 cup milk 1.5% fat
- 1 teaspoon cocoa powder unsweetened
- liquid sweetener

## Nutrition:

1. Calories: 35 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 5 milligrams
4. Fat: 1 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. Sodium: 25 milligrams
8. Sugar: 2 grams

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