

Red Dates Longan Tea

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/longan-drink-recipe-chinese>

Ingredients:

- 2 cups dates dried seedless red
- 1 cup longan dried, depending how sweet you'd like
- 1 sugar dried, coated tangerine, ?? - optional
- 12 cups water
- rock sugar to taste

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 89 grams
3. Cholesterol: 5 milligrams
4. Fat: 3.5 grams
5. Fiber: 8 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 75 milligrams
9. Sugar: 77 grams

Thank you for visiting our website. Hope you enjoy Red Dates Longan Tea above. You can see more 16 longan drink recipe chinese They're simply irresistible! to get more great cooking ideas.