

# Te de Oregano (Oregano Tea)

Yield: 4 min  
Total Time: 12 min

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

## Ingredients:

- 4 cups water
- 2 tablespoons dried oregano Mexican
- honey optional

## Nutrition:

1. Calories: 15 calories
2. Carbohydrate: 4 grams
3. Fiber: 1 grams
4. Sodium: 10 milligrams
5. Sugar: 3 grams

---

Thank you for visiting our website. Hope you enjoy Te de Oregano (Oregano Tea) above. You can see more 16 mexican cinnamon tea recipe Taste the magic today! to get more great cooking ideas.