

Fat Burning Christmas Spiced Tea

Yield: 8 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/steeped-tea-christmas-sangria-recipe>

Ingredients:

- 4 cups pomegranate juice
- 3 cups apple cider
- 3 cinnamon sticks
- 15 whole cloves
- 8 cups water
- 8 green tea bags black tea works as well
- 1 tablespoon oil optional

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 28 grams
3. Fat: 2 grams
4. Fiber: 1 grams
5. Sodium: 35 milligrams
6. Sugar: 27 grams

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