

Turmeric Iced Tea

Prep Time 15 mins
 Total Time 30 mins
 Meal Type Snack,Side
 Contributed By *Seasonal Cravings*
 Source From [Seasonal Cravings](#)
 Servings 1



Ingredients

lb,c g,ml

- 2 cup water
- 1 tsp turmeric
- 1/4 tsp cinnamon
- 1/2 orange, *juiced*
- honey, *to taste*

Directions

Make

1. Place two cups of water in a saucepan over high heat. Add turmeric and cinnamon and whisk.
2. After boiling, reduce heat and simmer for ten minutes.
3. Remove from heat and let cool.
4. Whisk again and pour over ice. Add orange juice and honey.
5. Stir occasionally to keep sediment from sitting on the bottom.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 0.3g		0%	Total Carbohydrates 15g
Saturated Fat 0.1g		0%	Dietary Fiber 5g	18%
Trans Fat 0.0g			Total Sugars 0g	
Calories 61	Cholesterol 0mg	0%	Protein 1g	
per serving	Sodium 12mg	0%		
	Vitamin D 0mcg 0% · Calcium 115mg 11% · Iron 2mg 13% · Potassium 221mg 4%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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