



Canela Tea



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



18

CALORIES



98 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.5 cup honey
- ☐ 2.3 cups tequila

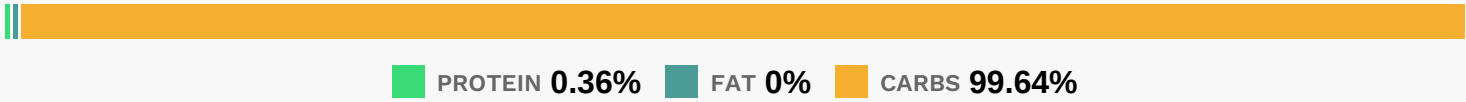
Equipment

- ☐ ladle
- ☐ pot

Directions

- ☐ Heat 3 1/2 qts. water and 4 Mexican cinnamon sticks in a large pot until boiling. Reduce heat and simmer 10 minutes.
- ☐ Remove cinnamon.
- ☐ Stir in honey and almond extract. Ladle into mugs. If you like, add about 2 tbsp. tequila and a fresh cinnamon stick to each.
- ☐ *Also called canela; a softer, looser-barked variety of the spice. Buy at Latino markets, or use 7 (3-in.) regular cinnamon sticks.

Nutrition Facts



Properties

Glycemic Index:3.74, Glycemic Load:4.05, Inflammation Score:-1, Nutrition Score:0.13347826072055%

Nutrients (% of daily need)

Calories: 98.25kcal (4.91%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 7.77g (2.59%), Net Carbohydrates: 7.75g (2.82%), Sugar: 7.75g (8.61%), Cholesterol: 0mg (0%), Sodium: 0.69mg (0.03%), Alcohol: 10.06g (100%), Alcohol %: 32.25% (100%), Protein: 0.03g (0.06%)