

**Recipe makes**

5 servings

**Prep time**

10 minutes

**Cook time**

5 minutes



**NUTRITION INFO  
PER SERVING**

(1 cup)

**Calories** 40

**Protein** 0.5 g

**Phenylalanine** 24 mg

## INGREDIENTS

- 4 cups water
- 4 black tea bags
- 2 Tbsp honey
- 10 black peppercorns
- 5 cardamom pods, crushed
- 5 whole cloves
- 4 slices fresh ginger
- 1 ½ cinnamon sticks
- 1 star anise (optional)\*
- 1 cup almond milk, original

## DIRECTIONS

- 1** In a medium-sized saucepan bring water to a boil. Add tea bags and honey. Season with spices.
- 2** Simmer for about 5 minutes. Pour in almond milk and bring to a boil.
- 3** Remove from heat, and strain through a fine sieve before serving.

\*Please note optional ingredients are not included in the nutrition analysis.

**This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.**

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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