



Apple Cinnamon Spice Energy Tea

Ingredients:

- 1 Stick Cinch™ Energy Tea
- 6 oz hot water
- 2 tbsp unsweetened apple juice
- 1 tsp orange juice
- Dash of cinnamon

Directions:

Heat water and mix with 1 Energy Tea Stick. Add apple juice, orange juice and cinnamon. Stir and sip.

Makes 1 serving

Calories per serving: 22

Nutritional Information per Serving:

0 g protein

4 g carbohydrates

0g fat

0 g fiber

