

## Ceylon Cinnamon Masala Tea

### Nutrition Facts

For a Serving Size of 1 tsp. (3g)

**Calories 02**

	<b>% Daily Value</b>
<b>Total Fat</b> 0.1g	<b>0%</b>
<b>Carbohydrates</b> 0.6g	<b>0%</b>
Net carbs	<b>0%</b>
Fiber 0.1g	<b>0%</b>
Glucose 0.1g	<b>0%</b>
<b>Protein</b> 0.1g	<b>0%</b>
<b>Vitamins and minerals</b>	
Iron 0.03mg	<b>0%</b>
Vitamin D 0 IU	<b>0%</b>
Potassium 1mg	<b>0%</b>
Calcium 1mg	<b>0%</b>
Fatty acids	<b>0%</b>
Amino acids	<b>0%</b>
Ingredients: Cinnamon, Cloves, Cardamom, Fennel, Cumin, Pepper, Nutmeg, Ginger powder	



### Recipe:

**For 3 cups of tea:** Mix 3 table spoons of TRITECH spicy tea mix with one cup of water and heat them for 3-4 minutes. Mix 2 cup of milk and sugar (as your level). Heat the mix until rolling boil. Enjoy!

### Shelf Life:

12 months (Refrigerate after opening)

### Health benefits of Cinnamon masala Tea,

- Anti-inflammatory effects: Reduce inflammation of the body.
- Blood sugar regulation: Improve insulin sensitivity and lower blood sugar levels.
- Digestive health: The spices in masala tea such as ginger and cloves, can aid digestion and alleviate gastrointestinal discomfort.
- Improve cognitive functions
- Warmth and comfort: Soothing, warm, and comforting flavor that can be especially enjoyable during colder months



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