

Apple Peel Tea

A soothing tea made from apple peels, perfect for relaxation and unwinding.


20 min

Total time

Easy

Difficulty

30

kcal / serving

Ingredients

- 1 cup apple peels
- 2 cups water
- Honey (optional)

Steps

- 1 Wash the apple thoroughly and peel off the skin.
- 2 In a pot, bring water to a boil.
- 3 Add the apple peels to the boiling water.
- 4 Let it simmer for 10-15 minutes.
- 5 Strain the tea into a cup.
- 6 Add honey if desired.
- 7 Enjoy your apple peel tea!