



## SOURSOP BREW

A soothing herbal tea made from soursop leaves, known for its calming, antioxidant-rich benefits, perfect for relaxation and wellness.

 10 minutes

 15 minutes

 1 portion

## INGREDIENTS

- 4 leaves of soursop (annona muricata) Leaves [2 g]
- 2 cups [16.9 fl oz] of spring Water [504 g]
- 1/2 tbsp of honey [11 g] **or** 1 tsp of sweetener, syrup, agave [7 g]

## COOKING METHOD

- 1° Bring 2 cups of water to a gentle boil in a small pot.
- 2° Add the soursop leaves (and ginger, if using).
- 3° Reduce heat and let simmer for 10–15 minutes until the water turns light green.
- 4° Remove from heat and allow to steep for an additional 5 minutes.
- 5° Strain into a cup, sweeten lightly if desired, and enjoy warm.

## NUTRITIONAL INFORMATION

	PER 100 g	PER 2 CUPS [480 g]	% DRI
ENERGY	195 kcal	935 kcal	47 %
FAT	1 g	3 g	4 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	3 mg	12 mg	1 %
CARBOHYDRATE	49 g	237 g	79 %
SUGARS	42 g	203 g	–
FIBER	0 g	1 g	2 %
PROTEIN	1 g	5 g	–