

Jamaican Sorrel

Ingredients:

8 cups cold water
2 Tbs fresh grated ginger
4-8 whole cloves
½ tsp ground allspice
1 peel from an orange
3 cups fresh sorrel
1 Tbs agave



*GLUTEN-FREE



*SOY FREE



*VEGAN

Nutrition Facts

4 servings per container
Serving size 16 fl oz

Amount per serving
Calories 90

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 19g	7%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 160mg	10%
Iron 4.2mg	25%
Potassium 570mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions:

1. In a large pot bring the water to a boil.
2. Reduce to medium heat and add ginger, spices and orange peel and simmer for 5 minutes.
3. Add sorrel and continue simmering on low for 20 minutes.
4. Remove from heat, cover and steep for at least 4 hours.
5. Strain and discard solids.
6. Add agave, mix and serve.