

What is Lebanese Tea

This tea is prepared in 5 minutes. Lebanese tea is a mixture of lemon and pre-sweetened powder. This tea helps the immune system fight off viruses and germs that cause harmful infections. If you use this tea regularly then this tea will help you to lose weight. Lebanese tea is a herbal tea that is caffeine-free, but if you use any other black tea, this tea may contain caffeine.



Lebanese Tea Ingredients

Only 6 ingredients are used in making Lebanese tea Recipe , the rest of the ingredients are optional, which you can add to this tea as per your wish.

1. Water
2. Tea Bags
3. Rose Water
4. Lemon
5. Sugar
6. Nuts (Optional)

How to Make Lebanese Tea Recipe

1. First take water and boil it.
2. Now place tea bags in a cup and pour boiling water over it.
3. Keep the tea bags in the water for 5 to 7 minutes.
4. Now take out the tea bags from the bowl and add sugar, lemon juice and rose water to it.

5. Mix it well. Make sure that the sugar dissolves completely. Now add some water to it and serve it with ice.
6. You can also add nuts to it, if you like nuts.

Health Benefits of Lebanese Tea

Helps in reducing weight

It is a herbal tea, herbal tea always benefits you. To maintain good health, herbal tea must be consumed. Herbal tea has always been considered a very good option for reducing weight. If you want to lose weight, then include this tea in your diet plan, this tea will help you in reducing your weight.

Fights Insomnia

This tea is extremely helpful in relaxing your muscles and improving the quality of sleep. If you want to improve the quality of your sleep then you must definitely consume this tea. Drink this tea before sleeping at night, this tea will help you to sleep.

Soothes an upset stomach

This tea is very beneficial for improving digestive health. If you have any problem related to digestion then you should consume this tea. This tea will also help you a lot in reducing menstrual pain.

helps fight the cold

This tea is a great source of antioxidants, serving this tea during winters will help you fight cold.

Source : [Lebanese Tea Recipe](#)