

All Purpose Ginger-Lemon Tea

Benefits

Ginger is a warming herb that soothes stomach upset, improves digestion, and reduces nausea. It also reduces inflammation. Lemon juice is refreshing and full of vitamins, including vitamin C. This makes it a great addition when suffering from a virus. Lemon also relieves a sore throat and aids in digestion. Honey provides a touch of sweetness while soothing a sore throat. Honey is also anti-inflammatory. Therefore, this ginger-lemon tea is perfect as an after-dinner tea or to hydrate when suffering from a stomach bug. The warming action of the ginger makes this a great tea for a cool evening or when suffering from cold or flu.

This tea can be served over ice as a refreshing drink on a warm summer day.

It is the perfect all-purpose drink.

Ready in 5 -10 minutes

Serves: 1

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Ingredients

1-inch fresh ginger, chopped
1 cup boiling water
Juice of ½ lemon
Honey, to taste

Other Additions

- A pinch of cayenne and 1oz bourbon. This is the perfect addition when suffering cold or flu with cough.
- Sprig of muddled spearmint
- Freshness and additional digestive support.
- Slice of Turmeric also reduces inflammation

Preparation

1. Steep the ginger. Clean and lightly peel ginger. Chop the 1-inch chunk into small pieces. Place in glass measuring cup and top with boiling water. Steep for about 5 minutes.

2. Strain. Using a fine mesh strainer, strain out the ginger, pouring the liquid into a cup.

3. Juice the lemon. Add the juice of ½ lemon directly into the cup.

4. Sweeten. Add honey to taste.