



GINGER TEA RECIPE:

INGREDIENTS:

- 4 cups water
- 2 tsp dry ginger OR 1.5 inch cube of peeled and grated fresh ginger
- 1/2 of a lemon
- Honey to taste

DIRECTIONS:

1. Boil the water and then turn the heat to a simmer.
2. Steep the ginger (fresh or dry) for 8-10 minutes and then strain.
3. Once the tea has cooled to a drinkable temperature (about 100 degrees), then add honey and lemon to taste and enjoy!

This drink can be taken 30 minutes before meals to increase digestion and absorption of nutrients; or routinely sipped on throughout the day to increase circulation, metabolism and digestion, while reducing toxins, stress and inflammation.