



EXTRA-POTENT GINGER TEA

Vata↓, Pitta↑↓*, Kapha↓

Makes: 3 cups (double recipe as needed)

Cook Time: 30 to 60 minutes

*Although heating, this tea will still be very beneficial for Pitta during times of sickness and other various conditions. Pitta types should avoid excessive use and discontinue if Pitta symptoms arise.

INGREDIENTS

- Fresh ginger (2" to 3" cube), finely grated*
- 6 cups of water
- 2 tablespoons honey
- 1/2 lemon, juiced (use lime for Pitta)

*If a grater is not available you can substitute by finely chopping the ginger by hand. Please keep in mind that for the most potent brew, the finer the better!

DIRECTIONS

1. Boil 6 cups of water.
2. Reduce the heat to a simmer and add in the ginger.

NOTE: If another herb or spice is to be added, add them at this time. See below for the recommended herbs and spices to add for different conditions.

3. Cover the pot, leaving a small crack to allow the water to slowly evaporate.
4. Simmer here until only 3 cups of the liquid remain. This may take anywhere from 30 to 60 minutes depending on how low the simmer is. The longer the steeping, the stronger the infusion and therefore the more potent the healing benefits will be.
5. Once you have reached the 3 cup goal, strain out the ginger.
6. Let the brew cool slightly and then add the juice from a 1/2 of a lemon and 2 tablespoons of honey*.

*Honey should never be heated above 108 degrees, so make sure to cool the tea appropriately before adding.

NOTE: You can double this recipe if desired. The tea can be stored in an airtight glass jar and refrigerated for up to 1 to 3 days.