Hot Honey & Lemon



This is our favorite not feeling good remedy. It is very soothing in the winter, or you can put it in the fridge for a cooling drink in the warmer months. Add some freshly zested ginger for added benefits and more zing. Add a pinch of Real salt to make it an electrolyte drink. Good for bouts of vomiting and diarrhea or hot days in the sun.

INDIVIDUAL SERVING SIZE

Heat water to desired temperature, I prefer right before it boils. Pour into individual cups with a tablespoon of raw honey, a pinch of Real salt, and fresh squeezed lemon juice to taste. Optional: add zested ginger or a dropperful of ginger extract.

QUART SIZE

Warm one quart of water to just about boiling. Add 1/3 - 1/2 cup of raw honey to taste, 2-3 fresh squeezed lemons to taste and 1/4-1/2 teaspoon Real salt. Stir until all ingredients dissolve into the water. You can also put the water and honey in a quart jar to sit overnight to dissolve the honey. Add the remaining ingredients and give it a shake to combine.

