Ginger Lemon Tea



TThis tea is my go to for colds, flu, and respiratory issues and because it tastes so yummy my children readily drink it. It also works wonders for treating PMS cramping, upset stomachs and morning sickness. You can drink this cold in the summer months as a refreshing lemonade, but for medicinal purposes it is better to drink it warm.

INGREDIENTS

4 Tbsp fresh grated ginger (I keep mine in the freezer so it doesn't go bad and it makes for easier grating)
1 quart water
2 fresh squeezed lemons
¼-½ cup raw honey (to taste)
Optional: pinch of Real salt and pinch of cayenne pepper for added power

DIRECTIONS

Combine water and ginger in a saucepan and just barely bring to a boil. Remove from heat and let sit covered for 10-15 minutes. Strain out the ginger and stir in the raw honey and lemon juice.

For a quick, single serve ginger lemonade you can heat some water and add 1 Tbsp of ginger honey (or fresh grated ginger with a spoonful of honey) and the juice from ½ a lemon.

