

GINGER LEMON TEA

BREW TIME: 5 MIN

ABOUT 1 CUP

Ingredients:

1 lemon, juiced

1 inch fresh ginger, sliced (can leave peel on or off)

8oz hot water

Honey (optional)

Directions:

With a citrus juicer or by hand, juice 1 lemon into a mug.

Slice 1 inch fresh ginger and add to mug.

Pour 8oz hot water, add honey if preferred, let brew ~5 minutes and consume.

