Ginger Lemon Tea

This tea is the perfect “go-to” when a little digestive or immune support is needed. Ginger root is a warming spice that draws blood flow to the abdomen, which helps with digestion. It’s also been known to help reduce inflammation in the body and is great for taming nausea and motion sickness.

Prep time: 25 minutes
Makes: 4 servings

Ingredients

- 8 cups water
- 1 cup thinly sliced, unpeeled fresh ginger root
- Lemon
- Honey

Instructions

1. Bring 8 cups water to boil. Add sliced ginger and simmer for about 20-25 minutes.
2. Strain off ginger, if desired, and serve with a slice of lemon and touch of honey.

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