

GINGER-HONEY LEMON TEA

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INGREDIENTS

1 inch nub of ginger, peeled and chopped
4 cups water
Juice of half a lemon
1 tablespoon honey (less or more to taste)

DIRECTIONS

1. Add all ingredients (except honey) to a pot. Boil for 30 minutes, covered.
2. Stir in honey and enjoy hot or cold.

Notes: This tea is huge in the antioxidant and anti-viral category. It can boost immunity, is loaded with vitamin C, and helps with digestion. Try it warm or make a pot of iced to have on hand.

