



Recipes

Beverages

Ginger Tea

Prep and Cook Time: 15 minutes

Yield: 4 or more servings

Ingredients:

3 cups water

6 tablespoons fresh grated ginger

1/2 juice from 1/2 fresh lemon

Directions:

1. Boil water and ginger together.
2. Add fresh lemon juice.
3. Cover and simmer for 10 minutes.