

Spicy Lemon Ginger Tea

8-coin shaped slices of ginger root or ½ t. powdered ginger

½ lemon, sliced and quartered or 1 t. lemon juice

1 t. Honey (or more if desired)

1 pinch of cayenne pepper (optional)

2 - 3 cups water (preferably distilled)

Place prepared ginger, lemon and water in a pot. Bring the water to a simmer, put the temperature on low, and put a lid on the pot. Allow it to simmer (not boil) for 10-15 minutes. Strain off the lemon and ginger. Pour the liquid back into the pot. Add 1 t. Honey and a small pinch of cayenne pepper if desired. Allow the tea to cool to desired temperature. Makes tea enough for two or three people. This is a lovely tea to thin mucus, boost the immune system, contains antimicrobial properties, and soothes the throat.

Recipe by Kelly Pomeroy