

EVERYTHING HERBAL

by
Cheryl Jabz

Ginger & Cinnamon Immune Tea

A warming tea that supports circulation and helps reduce cold symptoms.

INGREDIENTS

- 1 tbsp fresh ginger (sliced)
- 1 cinnamon stick or 1/2 tsp ground cinnamon
- 2 cups water
- Honey to taste

INSTRUCTIONS



Simmer ginger and cinnamon for 10–15 minutes. Strain and sweeten with honey.



HERBAL TIP



Enjoy warm for the best comfort and soothing benefits. Adjust honey to your taste or use a natural sweetener of choice.



Download
This Recipe

