



Cinnamon Ginger Blood Sugar Support Tea

A warm, comforting herbal tea made with cinnamon and ginger to support healthy blood sugar levels and overall wellness.

INGREDIENTS:



2 cups water



1 cinnamon stick



1-inch piece fresh
ginger, sliced



1 teaspoon
lemon juice



Optional:

1 teaspoon honey

INSTRUCTIONS:

- 1 Bring water to a boil.
- 2 Add cinnamon and ginger.
- 3 Simmer for 10 minutes.
- 4 Strain into a mug.
- 5 Add lemon juice and honey if desired.



May support healthy
blood sugar regulation.

Ginger may help
digestion and feelings
of fullness. Warming
and naturally
caffeine-free.

Herbal Tip:



Best enjoyed warm.
Sip 1-2 cups daily as
part of a healthy
diet and lifestyle.



Look for more herbal recipes and remedies on my website!

