



EVERYTHING HERBAL
— by Cheryl Jabz —

Cinnamon Ginger Wellness Tea



Simple Herbal
Weight Support Tea

INGREDIENTS:

- 2 cups water
- 1 cinnamon stick
- 1-inch fresh ginger, sliced
- 1 green tea bag
- Lemon slices
- Honey (optional)

INSTRUCTIONS:

- 1 Bring water to a gentle boil.
- 2 Add cinnamon and ginger.
- 3 Simmer for 10 minutes.
- 4 Remove from heat and steep green tea for 3 minutes.
- 5 Add lemon and honey if desired.

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