



EVERYTHING HERBAL

by Cheryl Jabz

Lemon Ginger Fat-Burning Tea



Ginger and lemon create a warming, refreshing tea often used to support digestion and metabolism.

INGREDIENTS:

-  2 cups water
-  1-inch fresh ginger root, sliced
-  1/2 lemon, sliced
-  1 teaspoon honey (optional)
-  Pinch of cayenne pepper (optional)

INSTRUCTIONS:

- 1** Bring water to a boil.
- 2** Add ginger and simmer for 10 minutes.
- 3** Remove from heat and add lemon slices.
- 4** Stir in honey and cayenne if desired.
- 5** Serve warm.

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