



EVERYTHING HERBAL

~ by Cheryl Jabz ~

Lemon, Honey & Ginger Tea

A classic immune-supporting tea that helps ease throat irritation and congestion.



INGREDIENTS



Juice of 1 lemon



2 tbsp raw honey



1 tbsp fresh sliced ginger



1 cup hot water

INSTRUCTIONS

Steep ginger in boiling water for 10 min.
Add lemon juice and honey.
Stir well and drink warm.



Tip: Sip warm and enjoy during cold and flu season.

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