



EVERYTHING HERBAL

— by Cheryl Jabz —

Ginger Cinnamon Warming Tea



BENEFITS:



Ginger may help support blood flow.



Cinnamon is traditionally used to promote warmth.



Excellent during cold weather.



INGREDIENTS:

- 2 cups water
- 1-inch fresh ginger root, sliced
- 1 cinnamon stick
- 1 teaspoon honey (optional)
- Lemon slice (optional)



INSTRUCTIONS:

- 1 Bring water to a boil.
- 2 Add ginger and cinnamon.
- 3 Simmer 15 minutes.
- 4 Strain into a mug.
- 5 Add honey and lemon if desired.



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