

Everything Herbal
by Cheryl Jabz

Metabolism-Boosting Tea Recipe



INGREDIENTS:

- 1 cup hot water
- 1/2 teaspoon fresh grated ginger
- 1/2 tsp. cinnamon
- Squeeze of lemon
- Pinch of cayenne pepper

INSTRUCTIONS:



Steep for 5–10 minutes.



Strain if needed.



Enjoy once or twice daily.

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