

DIGESTION & SOOTHING RELIEF

“He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength.”

— Isaiah 40:29–31 (NIV)

Bubbie's Cup of Tea

PEPPERMINT GINGER LEMON TEA

A refreshing, tummy-soothing cup for digestion, wellness and a happy you!

INGREDIENTS

Makes 2 cups • Prep 5 min

- ♥ 2 cups water
- ♥ 1 Tbsp dried peppermint leaves (or fresh peppermint)
- ♥ 1 tsp fresh ginger, sliced (or 1 tsp dried ginger)
- ♥ 1 lemon, sliced
- ♥ 1 tsp honey (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add peppermint leaves and ginger. Simmer for 8–10 minutes.
- 3 Remove from heat and add lemon slices.
- 4 Strain into cups.
- 5 Sweeten with honey if desired. Stir and enjoy!

SCAN & VISIT



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Bubbie's TEA TIP

Enjoy a cup after meals to help with digestion, reduce bloating, and soothe your tummy. It's also a wonderful tea to sip in the evening to relax and unwind.

BUBBIE'S TIP

Add a few fresh mint leaves and a slice of lemon for extra freshness and flavor. Keep a jar of dried peppermint on hand for a quick, soothing cup anytime!

GOOD TO KNOW

Peppermint may help relax the muscles of the digestive tract, ginger can ease nausea and reduce inflammation, and lemon provides vitamin C and antioxidants to support overall wellness.

Source: Mayo Clinic – Peppermint; NIH – Ginger; NIH – Vitamin C (Lemon)

