

STRENGTH & RENEWAL

“But those who hope in the Lord
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.”

— Isaiah 40:31 (NIV)

Bubbie's Cup of Tea

GINGER ROSEMARY LEMON TEA

A bright, invigorating cup to support
digestion, immunity and a healthy you!

INGREDIENTS

Makes 2 cups • Prep 5 min

- ♥ 2 cups water
- ♥ 4–5 slices fresh ginger (or 1 tsp dried ginger)
- ♥ 1 fresh rosemary sprig (or 1 tsp dried rosemary)
- ♥ 1 lemon, sliced
- ♥ 1 tsp honey (optional)
- ♥ Lemon zest (optional)

DIRECTIONS

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

SCAN & VISIT



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Bubbie's TEA TIP

Enjoy this tea in the morning
for a gentle energy boost, or in the
evening to help you relax and unwind.
A little lemon adds a refreshing flavor
and a boost of vitamin C!

BUBBIE'S TIP

Use fresh ginger and rosemary for the best
flavor and wellness benefits. Keep a jar in your
refrigerator and enjoy a cup whenever you
need a little extra support.

GOOD TO KNOW

Ginger may help soothe digestion, reduce
inflammation and ease nausea. Rosemary contains
antioxidants and may support memory and focus.

Lemon provides vitamin C to help support
a healthy immune system.

Source: NCCIH – Ginger; NCCIH – Rosemary;
NIH – Vitamin C