



Bubbie's Cup of Tea

GINGER TEA

WARM • SOOTHING • COMFORTING

May settle nausea, support stomach movement, reduce gas, and ease mild menstrual cramps.

INGREDIENTS Makes 2 cups • Prep 5 min

- 2 cups water
- 1–2 Tbsp fresh ginger, thinly sliced
- 1–2 tsp honey (optional)
- 1 tsp fresh lemon juice (optional)

BUBBIE'S TIP

Start with less ginger for a milder cup; simmer a little longer for a stronger, spicier brew.

DIRECTIONS Simmer 10–15 min

- ➊ Add water and sliced ginger to a small saucepan.
- ➋ Bring to a gentle boil. Reduce heat and simmer 10–15 minutes.
- ➌ Strain into two cups. Stir in honey and lemon, if desired.
- ➍ Sip warm and enjoy slowly.

GOOD TO KNOW • Ginger may cause abdominal discomfort, heartburn, diarrhea, or mouth/throat irritation. If you take medicine—or are pregnant or breastfeeding—ask a healthcare professional before medicinal use.

Source: National Center for Complementary and Integrative Health (NCCIH) – Ginger: Usefulness and Safety

“He causeth the grass to grow for the cattle, and herb for the service of man...”
— Psalm 104:14 (KJV)



SCAN FOR HERB INFO & TASTY RECIPES

Everything Herbal by Cheryl Jabz
www.EverythingHerbalbyCherylJabz.com

Live Well • Naturally • Everyday

PRINT • SAVE • SHARE

For educational use; not a substitute for individualized medical care.