

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 warming cup for body & soul!

INGREDIENTS

Makes 2 cups • Prep 5 min

- ♥ 2 cups water
- ♥ 1-inch fresh ginger, thinly sliced
- ♥ 1 tsp fresh rosemary (or 1/2 tsp dried)
- ♥ 1 tbsp fresh lemon juice (or to taste)
- ♥ 1 tsp honey (optional)
- ♥ Lemon slice (optional)

DIRECTIONS

- 1 Bring water to a boil.
- 2 Add ginger and rosemary. Reduce heat and simmer for 8-10 minutes.
- 3 Remove from heat and stir in lemon juice.
- 4 Strain into cups.
- 5 Sweeten with honey if desired and add a lemon slice. Sip warm and enjoy.

SCAN & VISIT



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Bubbie's TEA TIP

Ginger and rosemary make a wonderful
combination to warm, uplift, and refresh.

BUBBIE'S TIP

Enjoy this tea in the morning for focus
and energy, or in the afternoon for a
natural pick-me-up.

GOOD TO KNOW

Ginger supports healthy digestion and
circulation while rosemary is known for
mental clarity and antioxidant support.

Source: WebMD – Ginger; NIH – Rosemary