

Breathe
Soothe
Recharge
One Cup
at a Time!

RESPIRATORY SUPPORT & SOOTHING COMFORT

"The Lord is close to
the brokenhearted and
saves those who are
crushed in spirit."

— Psalm 34:18 (NIV)

Bubbie's Daily Cup of Tea

LEMON GINGER HONEY THYME TEA

A soothing, comforting blend to help
ease coughs, support respiratory health,
calm the throat and bring cozy comfort
to your day — one cup at a time!

INGREDIENTS

Makes 2 cups • Prep 5 min

- 2 cups water
- 1–2 tsp fresh ginger (grated or sliced)
- 1–2 tsp fresh thyme leaves (or 1 tsp dried)
- 1 lemon, sliced
- 1 Tbsp raw honey (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add ginger, thyme and lemon slices.
- 3 Reduce heat and simmer for 10–15 minutes.
- 4 Remove from heat and let steep for 5 minutes.
- 5 Strain into cups.
- 6 Sweeten with honey if desired.
- 7 Sip slowly, breathe deeply and enjoy!

SCAN & VISIT



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