



# EVERYTHING HERBAL

— by Cheryl Jabz —

www.EverythingHerbalbyCherylJabz.com

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THIS RECIPE



## GINGER Tea Recipe

A warming, soothing herbal tea made with fresh ginger root. Perfect for digestion, immunity support, and relaxation.



Prep Time: 5 minutes. Cook Time: 15–30 minutes

### INGREDIENTS

- 1 large knob fresh ginger root (about 3–4 inches)
- 2–3 cups water
- Optional: juice of 1/2 lemon or honey or preferred sweetener to taste

### INSTRUCTIONS

1. Rinse ginger thoroughly.
2. Slice thinly for a mild tea, or grate/mince for a stronger infusion.
3. Peeling is optional.
4. Add ginger & water to a saucepan.
5. Bring to a boil.
6. Reduce heat & simmer for 15–30 min. depending on desired strength.
7. Pour the tea through a strainer into mugs to remove ginger pieces.
8. (Optional) Stir in lemon juice and honey while warm.

### TIPS FOR BEST RESULTS

Simmer 30–45 minutes for a more concentrated spicy flavor. Add cinnamon sticks, turmeric, or fresh mint during simmering. Refrigerate leftovers in a sealed container up to 5 days. Enjoy warm or chilled on ice.



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