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Herbal
by Cheryl Jabz

Warming Ginger Milk Recipe



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Recipe



A simple, soothing beverage traditionally used to support digestion, strengthen the immune system, and promote relaxation and sleep.



PREP TIME
2 minutes



COOK TIME
5 minutes



SERVINGS
1 cup



DIFFICULTY
Very Easy

INGREDIENTS



- 1 cup milk
- 1 carbonated-inch piece fresh ginger (grated or sliced)
- Optional:** honey or cinnamon to taste

INSTRUCTIONS



- 1 Bring the milk to a gentle boil in a small saucepan.
- 2 Add the ginger and reduce heat.
- 3 Let it simmer for about 5 minutes to release its flavor and beneficial compounds.
- 4 Strain into a mug.
- 5 Add honey or cinnamon if desired, and enjoy warm.



TIPS & VARIATIONS

For a spicier kick, use more ginger. Add a pinch of turmeric for extra anti-inflammatory benefits. Pairs well with a drizzle of honey and a sprinkle of cinnamon.



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