



# GINGER TEA

- Ready In: 5 minutes
- Serves: 2

## Ingredients:

- Fresh ginger
- Hot water
- ½ tsp honey
- Squeeze of lemon

## Directions

- Cut up a hunk of fresh ginger (no need to peel) and add it to a cup of hot water. Add honey and a little lemon to make the perfect cool-weather tonic.



ALWAYS wash fruits and veggies when preparing for cooking or eating. When cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission." to live not on the recipe card, but as the description of each image.