

Fresh Ginger Tea



Ingredients:

1 inch piece of fresh ginger

Optional:

lemon slices

honey to taste

dash of cayenne pepper

Grate or cut fresh ginger. Place ginger in teapot and cover with boiling water. Let steep for five to ten minutes. Drink hot.

For variety add lemon slices, honey, or a dash of cayenne.

Feel like you are fighting off some type of bug?

Perhaps you had a late night, ate something that you wish you hadn't, or just want to feel better.

Fresh ginger tea can give you a boost.