

Ginger Tea

For cold relief, sip some Ginger Tea.

Recipe

Grate a 1-inch piece of peeled ginger root into two cups of water. Bring to a boil then lower heat, simmer 5 minutes. Remove tea from heat and add 2 tablespoons of fresh lemon juice, raw honey to taste. Add one clove of mashed garlic (optional).

Let it cool and strain.