

A hot and spicy tonic for those winter days ahead. Chase cold symptoms away and keep your immune system up with this easy flavorful tonic.

Ginger Tonic

Yield: 1 cup base tonic

Ingredients:

1 large apple
1 lemon
1 inch piece of ginger
Water if necessary

Directions:

Core or peel apple, lemon and ginger if desired (but not necessary – see note below). Cut into medium pieces (about 1 inch sizes) and place ingredients a high speed blender with lemon down toward the blades. Blend until well incorporated and strain through [More Than a Nut Milk Bags](#).

Add hot water in amount desired to thin your tonic and enjoy sprinkled with a pinch of cayenne

Notes:

It is not necessary to peel these ingredients and the peels have healing powers of their own. The lemon peel in particular will add a bit more bitter taste to your tonic, but this bitter can aid in digestion, reduce inflammation and act as an internal cleanser and astringent pulling toxins from the body.

If you have two nut milk bags this recipe is best strained with the help of two nested together before pouring tonic in and pressing on the bags.