

I LOVE ginger and know it can be great for a little help with digestion after a meal. Ginger Tea has been a favorite of mine until I learned how to make my own candied ginger. This recipe is easy and versatile. Enjoy a small taste after meals or as a sweet treat anytime.

## Candied Ginger

[NMB/Multi-purpose size](#)

### Ingredients:

1 pound fresh organic ginger, peeled  
1 ½ cups honey  
1 ½ cups filtered water

### Directions:

Wash and peel the ginger. You don't have to be meticulous about the peeling, use the back of a spoon and do it the best you can

Slice ginger very thin with a mandolin or into small chunks

Place ginger in a small saucepan with honey and water and bring to a simmer.  
Reduce heat, cover and simmer for 30 minutes

Remove lid and simmer an additional 30 minutes or until the ginger is tender and the syrup has reduced by half. Remove from the heat and let cool

Pour half of the mixture into one of the [Multi-Purpose 'More Than a Nut Milk Bags'](#). \*\*  
Drain and then squeeze the ginger releasing most of the syrup into a small bowl. Repeat for the remaining half of your recipe setting aside the syrup for other recipes.

Once drained completely, spread ginger pieces onto dehydrator trays and dehydrate 12 hours at 118 degrees.

Transfer to an airtight container. Storing in the refrigerator it can be kept quite a long time.

### Notes:

\*\* The [multi-purpose More Than a Nut Milk Bag](#), with the slightly larger holes, is perfect for straining your ginger mixture.