

A hot and spicy ginger tea for those winter days ahead. It can aid with digestion, chase cold symptoms away and help keep your immune system up and ready to fight off those wintery invaders.

Ginger Tea

Yield: 2 cups

Ingredients:

1 ½ teaspoons ginger juice * (about 3 inches ginger root)
1 Tablespoon lemon juice
1 Tablespoon honey or agave
2 cups water
Dash of cayenne

Directions:

Heat water on the stove until warm, add remaining ingredients. Enjoy !

Notes:

*Juice ginger root through a juicer or blend and strain through a [More than a Nut Milk Bag](#).