

# Ginger Tea

Prep time: 20 min

Serves: 1 jar

## INGREDIENTS

2 lemons

2 pieces of fresh ginger

Raw honey

Slice the lemons and ginger, and place in a mason jar, in alternating layers

Pour the honey over the ginger and lemons

Store the mixture in the refrigerator - after some time, the mixture will turn into jelly

When you have a cold, scoop 2 or 3 tbsp of the mixture, and place in hot water

Allow it to sit for 2-3 mins, and then serve



## Nutrition Facts

Serving size 1 cup

Amount Per Serving  
**Calories 0**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.