



Honey-Lemon Ginger Tea

Makes 1 serving

Ingredients

- 2 1/2 inches fresh ginger, peeled and halved lengthwise, and cut crosswise into 1/4 inch thick slices
- 4 cups fresh cold water
- 2 herbal tea bags
- Lemon juice from 1 large
- 2-4 tablespoons honey, to taste



Instructions

1. In a covered saucepan, bring the ginger and water to a boil, then reduce heat to low. Simmer, covered, on low heat for 20 minutes.
2. Remove from heat, add the tea bags, cover and let steep for 5 to 10 minutes.
3. Strain the tea, discarding the tea bags and saving the ginger for reuse.
4. Add the lemon juice and honey to taste, reheat and serve hot.

Nutrition Facts

Servings Per Recipe: 4; Amount Per Serving; % Daily Value; Calories 34.9; Calories from Fat 0; Total Fat 0 g; Saturated Fat 0 g; Cholesterol 0 mg; Sodium 5.3 mg; Total Carbohydrate 9.7 g; 3%; Dietary Fiber 0.1 g; 0%; Sugars 8.9 g; 35%; Protein 0.1 g; 0%; 1 g; 0%

Recipe Courtesy of www.myrecipes.com



BlueCross BlueShield of South Carolina and
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