



Soothing Ginger Tea

Shine 365
Marshfield Clinic

PREP TIME: 20 minutes • SERVINGS: 1

INGREDIENTS

- 4 - 6 thin slices of ginger root
- 1½ - 2 cups of water
- Lemon or lime slices (optional)
- Honey (optional)

INSTRUCTIONS

Peel ginger and slice thin. Heat water and sliced ginger to a boil and steep for at least 10 minutes. For a stronger flavor, add more ginger and boil longer. Remove from heat and add lemon or lime and honey to taste.

Homemade ginger tea is often recommended to relieve stomach discomfort.