



Ginger Tea

Ginger tea is a powerful cleansing drink that mobilizes toxins and restores balance to the body. It also benefits the digestive system and helps diminish cravings for sweet and salty foods. It increases the production of hydrochloric acid so you metabolize proteins more efficiently. Ginger decreases inflammation and alkalizes your body. I recommend 2-3 cups per day. Double the recipe and keep in a thermos to drink throughout the day.

1 serving

1-2 Tb grated or sliced 1" unpeeled organic ginger

2 cups filtered water

Lemon optional

Stevia or honey optional

- Grate ginger with a zester or slice it thin
- Bring water to a boil add ginger, turn down and simmer 2 minutes.
- Let steep for at least 10 minutes or more
- Strain or leave the ginger in, it will just get stronger. You can let the ginger settle at the bottom of the cup.
- Add lemon or honey if desired
- Enjoy!