

Ginger and Lemon tea

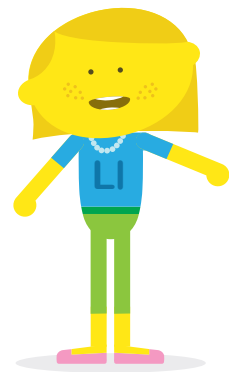
Winter

I will fix you quick,
if you feel sick.



Gigi Ginger

When you have a cold in your chest,
my zest will get you back to your best.



Lizzie Lemon

What ingredients we are going to need

Ginger, Lemon, Honey.

It is so easy to do

Stir in a small piece of peeled ginger to a pot of hot water. Leave to steep (and cool) for 5 - 10 minutes. After pouring, allow children to squeeze some lemon into their own cup and add some honey to taste.

Why it is good for us

Ginger improves the absorption of essential nutrients in the body and clears your sinuses. It can relieve throat and nose congestion and it can give effective relief against nausea and vomiting, can ease tummy cramps, muscle and joint pain. Lemons can help brighten your mood, clear your mind and help you feel energized and refreshed. Lemons can help sore throats, boost immunity, balance PH levels. They can also help to reduce fever. Together this is a nice soothing tea for anyone feeling below par, add a little honey to add some sweetness.