SHOPPING LIST

Ginger, Lemon and Honey Tea

Serves 2 mugs

- [ ] 5 cm piece of fresh ginger, thinly sliced
- [ ] 500 ml water
- [ ] 1 lemon, half sliced, half juiced
- [ ] 2 tbsp honey
- [ ] 1 cinnamon stick (optional)

Tick off what you already have at home.