HEARTY & GROUNDING

Ginger, Lemon and Honey Tea

PREP	COOK	SERVES
5 min	15 min	2 mugs

Vegetarian

Fresh ginger simmered with lemon and honey. The classic cup for cold days and scratchy throats.

Ingredients

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

Method

1. Put the ginger, water and cinnamon in a small pan and bring to the boil.
2. Reduce the heat and simmer, covered, for 10 to 12 minutes.
3. Strain into two mugs and stir in the honey and lemon juice.
4. Add a lemon slice to each mug and drink while hot.

Cook's tip

Stir in the honey off the heat. It keeps its flavour better, and it dissolves easily in a hot drink that has cooled a little.