

# Lemon Ginger Tea

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 1/2 cups Water  
3 tbsps Ginger (peeled, sliced)  
1/2 Lemon

## NUTRITION

### AMOUNT PER SERVING

Calories	10	Iron	0mg
Fat	0g	Vitamin D	0IU
Carbs	2g	Folate	3µg
Fiber	0g	Magnesium	11mg
Protein	0g	Zinc	0mg
Vitamin C	5mg		

## DIRECTIONS

- 01 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
- 02 Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

## NOTES

### RECIPE ID 125

### BREWED TEA

Instead of water, use light black brewed tea.

### MORE FLAVOR

Add mint leaves or honey.

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

### SERVING SIZE

One serving equals approximately 2 cups.

### ENJOY IT COLD

Add ice cubes.