

GINGER & CINNAMON TEA

INGREDIENTS

1 inch of organic ginger

1 cinnamon stalk

DIRECTIONS

Bring the water to a boil. Next cover the pot and allow the tea to steep for 15 minutes.

Then, add honey (raw) or any healthy sweetener of your choice and enjoy!

<u>TIP</u>

If you are experiencing a sore throat or a common cold, you can add I tablespoon of organic apple cider vinegar (with the mother) and drink the tea thrice a day! Be sure to drink through a straw to avoid damage to your teeth!



Author: Sister Shiloh House of Benaiah Health Articles Editor: Tehila Israel LA Camp Final Approval: Sis Adaliyah Israel

....



أنبر البرانير البر

..... .#1.#1