

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!

TIP

If you are experiencing a sore throat or a common cold, you can add 1 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!



