



Orange Ginger Tea

Yields 8 cups

Ingredients:

- 8 cups water
- 4-inch piece ginger, peeled into strips or diced
- Peel & juice of one lemon
- Peel & juice of two oranges
- 1 Tablespoon honey or more, to taste
- 1 cinnamon stick

Instructions:

1. Bring water to a boil. In a separate container (larger than 2 quarts), add peeled or chopped ginger, lemon peel and juice, orange peel and juice, honey, and cinnamon stick.
2. Once water has boiled, pour over the ginger mixture and stir to combine and dissolve honey.
3. Allow tea to steep for 10 minutes. To serve, strain and adjust sweetness, if needed. Enjoy!