



Dr. Tanya's Honey-Lemon-Ginger Drink for Colds and Flus

Feeling achy? Stuffy? Sore throat? This Honey Lemon Ginger Tea will help. If you're really suffering, try making a triple batch and keep it in a thermos to sip, or reheat it as needed.

Ingredients:

The juice of one organic lemon
2 tbsp freshly grated ginger
½ tsp local buckwheat honey

Directions:

1. Boil a cup of water
2. Squeeze the lemon juice into a mug
3. Add the honey
4. Grate the ginger into the mug
5. Add water and enjoy!