



AB'S
HONEY

AB's Honey Lemon & Ginger Tea

What you will need

- 1 inch of ginger root (finely grated)
- 1 cup of water (boiling)
- 1 tablespoon AB's Honey
- 1 tablespoon lemon juice

Method

1. Grate the ginger into a teapot, then pour the boiling water onto the ginger.
2. Leave it to steep for 3 minutes.
3. Whilst it steeps, pour lemon juice and AB's honey into tea cup.
4. Strain ginger tea into tea cup then stir.

Serve warm

Note: If the lemon flavour proves to be too strong, balance it out with a splash of orange juice. Additionally, 1/4 teaspoon of turmeric added to the mix can add both wonderful flavour, and a brilliant yellow colour to the tea.

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