

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Lemon Ginger Tea

From the Aschbrenner Family

This is a wonderful hot, lemon tea with all the health benefits of ginger and raw honey. Our kids really enjoy this, and it is also great in the summer as iced lemonade or frozen into popsicles.

1-inch piece of ginger

1/3 cup raw honey

1/2 cup fresh lemon juice

1. Peel and grate the piece of ginger.
2. Add to a quart of boiling water, cover and turn down to simmer for approximate 20 minutes, or longer for stronger ginger flavor.
3. Strain and cool slightly.
4. Add the raw honey and the lemon juice. Stir to mix and serve.