

GINGER TEA

Servings | Prep Time | Total Time

IMMUNE BOOSTING ANTI-VIRAL

Start consuming at the first sign of a cold coming on. As many times during the day as you want to. Every 1-2 hours on day 1 to 2.

DIRECTIONS

Using a juicer or food processor is the easiest. Thermomix is great for this.

Can also use an old-fashioned grater, on the finest setting.

If using a food processor, process until very fine. Adding 1/2-1 cup of warm water to get a pulp.

Scoop the pulp in a nut-milk bag or muslin cloth, and then squeeze the juice out into a bowl. You can discard the pulp, or take 1 T before meals as a digestive stimulant.

Add the lemon juice, honey, cayenne pepper and 1/2 -1 cup warm water, stir to combine.

Pour into ice-cube tray and freeze. Once frozen, put the blocks in zip lock bags in the freezer, ready to use when needed.

Defrost 1 cube at a time and take as a shot of ginger or add enough hot water to make a tea.

Adding more honey if required.

This is very intense, but works great if you start early.

SHOPPING LIST

Ginger, fresh, 500-1000g

Manuka honey, 1-2 T

Lemon or lime, 90-120ml

Cayenne pepper, pinch

Hot water, 1-2 cups

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