

Chamomile Ginger Lemon Tea

Ingredients

- 2 Traditional Medicine chamomile tea bags
- 1 teaspoon of grated ginger
- Zest and juice of one lemon
- 2 teaspoons of Kulp Local Honey

Directions

Boil 2 cups of water.

Add the tea bags to the water and let steep for 3-5 minutes.

In a small bowl or mug, combine the other ingredients.

Slowly add the tea and drink immediately.

