

# Green Tea with Grated Ginger and Honey

This simple recipe combines the immune-boosting properties of green tea, honey, ginger, and lemon. It makes a comforting and soothing drink for those times you may be under the weather with a sore throat or a tickly cough.

## **Ingredients - two serves:**

- 2 cups water
- 1 tablespoon loose leaf green tea \*
- 1-2 teaspoons honey \*\*
- 1-2 teaspoons freshly grated ginger \*\*
- Juice of half a lemon \*\*



\* Our favourite pure green teas from the Stir Tea range to use are: [Dragonwell](#), [Sencha](#) or [Gentle Green](#).

\*\* Adjust measure to suit your personal taste

## **Method**

1. Prepare your water by heating it to around 82 degrees - just below boiling (read more about the brewing temperature of green tea [here](#)).
2. While the water is heating add the green tea leaves and the grated ginger to your warmed teapot or brewing vessel.
3. Pour the prepared water over the tea leaves and ginger. Steep for 3 minutes.
4. Pour the tea through a strainer to separate the leaves and liquor.
5. Add the honey and stir to dissolve.
6. Add the lemon juice, mix well and serve.
7. Pour the brewed tea into your favourite cup, wrap your hands around it, and enjoy.

## **Notes:**

- Honey - this natural sweetener is helpful in reducing irritation and inflammation of a sore throat.
- Ginger – offers a warming kick and helps to support immune health.
- Lemon – adds a good source of vitamin C and a refreshing flavor.
- Mint – a sprig of mint can be added for extra flavor and aroma if you wish.
- Extending your tea leaves - you can prepare this recipe using the second steep of your tea leaves.