



Fresh Chilled Ginger Tea

Ingredients

- 1/4 - 1/2 cup fresh ginger, peels included (depending on desired strength)
- 1 quart (4 cups) filtered water
- raw honey to taste
- lemon to taste

Directions #1 (decoction)

- Chop the ginger root into thin slices, keeping the peels.
- Add ginger and 4 cups of water to a pot for simmering.
- Simmer for 20-30 minutes covered.
- Strain out ginger pieces and allow to cool to around 105 degrees F.
- Add raw honey and/or lemon to taste.
- Drink as is, pour over ice, or refrigerate! Consume within 24 hours.



Directions #2 (long infusion)

- Chop the ginger root into thin slices, keeping the peels. Add to a vessel for steeping.
- Boil the 4 cups of water in a kettle and then pour into the steeping vessel with the fresh ginger.
- Steep for at least 1-8 hours, covered, depending on desired strength (longer steep time will result in a spicier tea).
- Strain out ginger pieces.
- Add raw honey and/or lemon to taste.
- Drink as is, pour over ice, or refrigerate! Consume within 24 hours.