

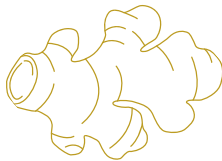


Lemon Ginger Honey Tea

This lemon ginger honey tea is a soothing Ayurvedic digestive tea traditionally used to support agni (digestive fire) and gentle digestion.

Servings: 1

Preparation Time: 10 minutes



Ingredients

- juice of 1/2 a lemon
- 1/2 inch of shredded or sliced ginger
- 1 1/2 cups water
- 1 teaspoon of **honey**

Instructions

- Boil the ginger in the water for 5 minutes. Add the lemon and honey after removing from the heat. Stir and enjoy!
- This Lemon Ginger Honey Tea can be enjoyed by those with a predominance of vata and kapha in their constitution and those with a vata or kapha imbalance.
- Those with a predominance of pitta in their constitution or a pitta imbalance should use this Lemon Ginger Honey Tea with caution. Notice if it produces excess heat and discontinue use if it does.

Lemon Ginger Honey Tea (Cont.)



This recipe is excellent for all types in cold, fall, winter, and spring months. Pitta should use caution with this warming drink.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

