

# Recipe: White Ginger Lemon Honey Tea

**White Ginger Lemon Honey Tea** recipe that's soothing, refreshing, and perfect for any time of the day. It combines the warm, subtle spice of **white ginger powder** with tangy lemon and sweet honey for a delightful and health-boosting drink.

## White Ginger Lemon Honey Tea

### Ingredients (Serves 1-2):

- 1 tsp **white ginger powder**
- 2 cups water
- 1 tbsp fresh lemon juice (about half a lemon)
- 1-2 tsp honey (adjust to taste)
- 1 small cinnamon stick (optional, for extra warmth)
- Lemon slices (for garnish)
- Fresh mint leaves (optional, for garnish)

### Instructions:

#### 1. Boil the water:

- In a small saucepan, bring 2 cups of water to a boil.

#### 2. Add the ginger:

- Reduce the heat to low and stir in **1 tsp of white ginger powder**.
- Add the cinnamon stick (optional) and let it simmer for 2-3 minutes to infuse the flavors.

#### 3. Add lemon and honey:

- Remove the tea from heat and allow it to cool slightly for 1-2 minutes.
- Stir in the lemon juice and honey until fully dissolved. Adjust sweetness to your liking.

#### 4. Strain (optional):

- If you prefer a smoother drink, strain the tea through a fine mesh sieve into a mug or teapot.

#### 5. Garnish and serve:

- Pour the tea into cups. Garnish with lemon slices and fresh mint leaves for a beautiful presentation.

#### 6. Enjoy:

- Serve hot for a soothing drink or chill it with ice for a refreshing **iced ginger tea**.

### Why You'll Love This Drink:

- **Soothing and Immune-Boosting:** White ginger powder, lemon, and honey are perfect for boosting immunity and soothing sore throats.
- **Refreshing Flavor:** The combination of lemon's tang and ginger's warmth is both calming and energizing.
- **Versatile:** Enjoy it hot or cold, depending on the weather or your preference.

This **White Ginger Lemon Honey Tea** is not only delicious but also great for digestion, relieving nausea, or providing a comforting pick-me-up.