

# HONEY LEMON GINGER TEA



CANADA AGRICULTURE AND FOOD  
MUSEUM – MUSÉE DE L'AGRICULTURE  
ET DE L'ALIMENTATION DU CANADA

**Program**

Online

**Location:**

Take time to relax and unwind with this soothing, aromatic tea.

## Ingredients

- 2 tbsp (30 mL) fresh ginger root
- 4 cups (1 L) water
- 1 lemon, juiced
- 1/8 tsp (0.6 mL) ground cinnamon
- ¼ cup (60 mL) honey (to taste)

## Preparation

1. Measure the water into a pot.
2. Peel, then grate the ginger (exposing as much surface area as possible will make for a more flavourful result). Add to pot.
3. Boil for seven minutes for a more subtle flavour, and up to 15 minutes for a bolder ginger taste.
4. Remove from heat, then strain the ginger from the water.
5. Add the lemon juice, cinnamon, and honey to the water, then stir until well combined.
6. Pour into your favourite mug, and enjoy!

**Please note:** Prepared tea can be stored in a closed container in the refrigerator for up to seven days. It can be enjoyed cold or reheated throughout the week.