

# Ginger Tea

## Ingredients:

- 2-3 T. thinly sliced ginger
- 1- 2 c. water
- honey, sugar, or monkfruit sweetener
- mint or lemon (*optional*)

## Directions:

Bring the ginger and water to a boil.

Boil for 10-20 minutes.

Remove from heat.

Add sweeteners and flavorings to taste.

Enjoy!