

Tea with Ginger & Lemon

PREP TIME: 5 MINS
COOK TIME: 5 MINS

YIELDS: 4 CUPS

Recipe by Chef Paige Mountain

Ingredients

- 1 teaspoon loose leaf tea, in a tea steeper (or 1 tea bag)
- 4–5 mint leaves, fresh, torn into pieces
- 1/2 lemon, sliced into wedges or rounds
- ½ inch ginger, fresh, sliced
- 4 cups water, filtered



Qualities

Texture: Liquid

Rating for Scent : 4/10

Spice Level: 3/10

Recipe Benefits

- Anti-Nausea
- Hydrating
- Promotes GI Health
- Anti-inflammatory

Nutrition Content for 1 Cup

Calories: 1.8kcal

Fat: 0g

Protein: 0.1g

Sodium: 2.6mg

Carbohydrates: 0.5g

Fiber: 0.2g

Added sugar: 0g

Directions

1. In a pot or tea kettle, bring water to a boil.
2. Once boiling, remove from heat and add in the tea leaves, mint, lemon, and ginger.
3. Allow to steep for 5 minutes before serving.
4. Serve as a drink (hot or chilled), create popsicles, or shaved ice.



Chef Tips/Adjustments

- This recipe can be served hot or cold over ice.
- Tea can be stored in a pitcher, bottle, or storage container in the refrigerator (or can be made into a granita or popsicle).
- Any variety of tea can be used.
- Adjust proportions of ingredients as desired; this recipe is very forgiving.
- This tea is not sweetened, but if a sweeter taste is desired honey can be added.
- Shaved ice can be made by freezing the smoothie mixture in an ice cube tray, then blending the frozen cubes into ice (freeze or serve immediately after blending or it will melt quickly).