

# SOOTHING LEMON TEA

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3 garlic cloves  
5cm fresh ginger  
4 lemons  
1 cinnamon stick  
3 Tbsp raw honey

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Bring 2 litres of water to the boil on the stove. Chop the garlic & ginger.

Slice the lemons & add them, with the cinnamon, to the boiling water.

Simmer for 20 minutes or so.

Remove from heat & add raw honey to sweeten the deal.

After about ½ hour the tea will be ready for straining.

It will keep in the fridge for a week.

