

## 4 Ingredient Flu-Season Tonic



(makes 1 serving / 2 cups)

### *Ingredients:*

2 inches fresh ginger, peeled and diced  
1 – 2 cinnamon sticks (based on preference)  
2 cups water  
1 tablespoon honey\*  
1 tablespoon fresh lemon juice\*  
\*add more to taste

### *Directions:*

Place ginger, cinnamon stick(s), and water in a saucepan with a tight-fitting lid. Cover and bring to a boil. Reduce heat and keep at a rapid simmer for 15 minutes with the pan still covered. Strain and pour into a mug. Add honey and lemon juice to taste.

Extra tonic can be kept in a covered container in the fridge for about 5 days to be reheated as desired.