

# Schroeder's Ginger Tea

Ginger tea is a must for when your throat is sore. Drink it regularly during the winter months to help fight sore, dry, or itchy throats. And if you sing or talk a lot, this is the drink for you.

## Ingredients

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- 4 cups water
- 1/4 cup ginger root, (~2"x1" slice)
- 2 tablespoons honey
- 2 slices lemon, (1/4 lemon)



## Method

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1. Bring water to a boil.
2. Peel ginger root and slice into small pieces. Add to boiling water.
3. Cover pot and simmer for 15 minutes.
4. Remove from heat, strain.
5. Squeeze in lemon and add honey (to taste). Stir until well mixed.
6. Strain again if needed. Serve warm.

## Notes

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For some people, the ginger flavor can be overpowering. If needed you can add a little more water or boil the ginger root for only 10 minutes to help tame it's crazy ginger flavor; remember though, it's supposed to taste like ginger, or it's not gonna' work. You can also multiply all these ingredients by 4 to make a whole gallon. This helps if your in it for the long run.

## Prep

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- Start to finish: 20 Minutes

Source: [Chris Mower \(TheCookingDish.com\)](http://TheCookingDish.com) (4 servings)

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