

## NOURISHE ANTI COLD & FLU TEA

I use a big coffee mug for my tea!



chopped or grated FRESH Ginger (about ½ tsp per cup)  
cloves (2-3 per cup depending on your taste)  
chopped fresh garlic (1 clove per cup)  
honey (1 tsp per cup)  
fresh lemon (1 slice per cup, leave the skin on)  
Cinnamon stick (1 per cup)

**METHOD:** Put Ginger/Cloves/Garlic in a mug, pour over boiling water & steep for about 5 minutes. Strain (or not) & add Honey & Lemon slice. Stir everything with the Cinnamon stick.

Alternatively make a bigger batch by boiling your water in a pot then adding the Ginger/Cloves/Garlic & continuing to simmer for about 3 minutes. Strain into a pot then heat up as you want (adding your honey & lemon to suit & stirring each time with a Cinnamon stick).

Freshly chopped Rosemary & Thyme also make great infusions for treating respiratory congestion. Use the same methods as above or even add them to the recipe.

**nourishe - for your health and wellbeing**  
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