



Lemon Ginger Green Tea

Servings: 4

3 cups filtered or spring water
4 green tea bags
1 tablespoon fresh ginger root, peeled and thinly sliced
2 tablespoons fresh lemon juice, plus 4 slices for garnish
2 tablespoons honey

Method

In a medium saucepan, bring water to just below boiling point.
Remove from heat.
Place tea bags into pitcher, add ginger slices.
Pour hot water over tea bags and allow to steep for 8-10 minutes.
Remove tea bags, stir in lemon juice and honey.
Can be served either warm or iced.
Garnish each serving with a lemon slice if desired.

Nutrition Information (per serving)

35 calories (0.2% calories from fat), trace fat, trace protein, 10 g carbohydrate, trace dietary fiber, 0 mg cholesterol, 1 mg sodium