

# **DR MINES**

## **Ginger Tea**

### **Ingredients**

- **2 fresh organic Ginger Roots**
- **1/2 gallon Purified or Spring Water**
- **1/8 tsp Cayenne Pepper**
- **2 organic Lemons w/ skin**
- **Agave Nectar or raw honey to taste**

### **Instructions**

- **Combine all ingredients except agave or honey and bring to a rolling boil for 5 minutes. Allow tea to steep for at least 20 minutes.**
- **Add sweetener to drinking mug.**
- **When cooled, add to a covered pitcher and refrigerate for later use.**