

Gingerbread Cookie Tea

This drink is a staple for coughs, colds, sore throats and flus.

Ingredients

2 Tbsp fresh ginger root, sliced
2 cinnamon sticks
5–6 cups water
Citrus zest (added for particularly thick mucous)
Juice of $\frac{1}{4}$ - $\frac{1}{2}$ lemon
Touch of honey

Instructions

- Bring the fresh ginger root, cinnamon sticks, and water to a boil briefly, reduce to a simmer and cover with a tight fitting lid (this will keep in the ginger's volatile constituents).
- Add citrus zest if needed.
- Add the lemon juice and honey to a cup, add the simmered ginger tea and enjoy.
- Reheat on the stove throughout the day.
- Simmer times vary - most children prefer only a 10 minute simmer, for adults 20-40 minutes.
- A little apple cider in the cup is a nice touch too, especially for children.

This formula tastes really good, so compliance is high! It is antimicrobial, antinauseant, clears mucous, and helps enhance or clear a fever.