

How to Make Ginger Tea?

Although we can hardly call it ubiquitous, in the modern world, few are those who still remain unfamiliar with the **singular aroma of ginger**. The exotic plant is now used in a wide variety of foods, including **sweet baked goods, candies, and sugary drinks**.

In comparison to different processed beverages, especially soft drinks, **ginger tea** stands out as **one of the healthier and more natural ways to enjoy ginger**. For those not familiar with its distinctive flavor, ginger tea is **tasty, exotic and spicy**, mirroring the taste and health benefits of ginger with its many **anti-oxidative and anti-inflammatory effects on the organism**.

It can be served either **warm or chilled**. This beneficial drink is recommended in quantities of about **half a liter (two cups) per day**. If it is being taken as a remedy, the dosage should be increased.

Ginger is used to treat **dry throat, the symptoms of common cold, digestive problems, dizziness and migraine**.

Warm Ginger Tea Recipe, 1 cup

Prepare the tip of the shoot by washing it and peeling it first (peeling is optional since ginger peel is nutritious, but we prefer to peel it nevertheless).

After washing and peeling the shoot, grate it or cut it into thin slices. You will need 1 teaspoon per cup of tea. If you don't have a grater on you, use a knife to chop it into small pieces.

Put the sliced or chopped ginger in a cup and pour boiling water over it.

Wait for 5 minutes, then strain the tea to remove the ginger.

Add lemon and honey as desired.



Hot or Iced Ginger Tea Recipe, 4 cups

Cut off a piece of ginger root, about 2 inches long.

Wash it, peel it, and cut it into thin slices.

Place the pot with the water on the stove. Once the water is brought to a boil, add the thin slices of ginger.

Turn down the heat and simmer for 15 to 20 minutes.

Strain and remove the pieces of ginger, add lemon and honey if desired.

Serve the tea warm or put it in the refrigerator if you want to get iced tea.

If you find the taste too strong, don't put as much ginger next time. If it is too mild, add more.

Purchasing and Keeping Fresh Ginger

You can buy **fresh ginger** in a **health food store**, **at the market**, but you can also come across it in some **supermarkets**.

In order for ginger to **keep all the healing properties**, it is best to keep it in the **freezer**, **sealed** in a **plastic bag** or **wrapped in cloth**.