

“Don’t Get Sick” Tea

Yield: 1 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/perfect-recipe-for-mother-s-day-i-don-t-get-it>

Ingredients:

- 1 inch ginger piece, peeled and sliced thinly
- 1 cup boiling water
- 1/2 fresh lemon
- 2 teaspoons honey organic, preferably manuka

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 18 grams
3. Fiber: 3 grams
4. Protein: 1 grams
5. Sodium: 15 milligrams
6. Sugar: 12 grams

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