



## SOOTHING SPICY TEA

3 CUPS OF WATER

JUICE OF HALF A LEMON

1 CINNAMON STICK

3 SLICES OF FRESH GINGER

1/2 TEASPOON CLOVES

1/2 TABLESPOON TURMERIC

1 PINCH CAYENNE

1 1/2 TABLESPOONS RAW HONEY

### DIRECTIONS

1. Add all ingredients (except honey) to a pot and bring to a boil.
2. Once boiling, reduce heat and let simmer for about 10 minutes.
3. Add honey and stir, adding more if necessary.
4. Pour tea through a strainer and drink while warm