

HONEY, LEMON & GINGER ELIXIR

1-2 servings

This warming, pungent, sweet & sour drink is a wonderful winter beverage and is an especially good remedy for colds and sinus infection. Lemon, like all sour, encourages loosening of mucus and provides needed vitamin C; Honey (which is revered in Ayurveda - see note) aids expectoration; Ginger, like many pungents, opens up circulation and the lungs. Amongst other great benefits, this wonderful beverage can boost your immune system and energy levels, aid digestion, and reduce inflammation too!

Ingredients:

- 1 cup boiling hot water
- 1/2 inch grated fresh ginger
- 1/4 whole fresh lemon, juiced
- 1/2 honey, ideally raw



Instructions:

1. Boil water on the stove in a kettle or pan.
2. Grate the ginger or crush it in a mortar and pestle; put pulp into a mug
3. Add the fresh lemon juice to the mug.
4. Pour boiling water over ginger/lemon. Let sit for 1-2 minutes to steep.
5. Add honey and stir well to combine.

Add a pinch of black pepper and/or salt to make it stronger if you wish! Savor slowly and even breath in the aromatic vapors of this warming, healing beverage to help aid in your own immunity, recovery and wellbeing.

*NOTE: Raw honey is highly valued in Ayurveda as a medicinal sweet, associated with loving kindness, compassion, and contentment. It is believed to build *ojas*—our immunity and capacity for genuine satisfaction. However, Ayurveda cautions against cooking honey, as heat can alter its beneficial properties. In this recipe, allow the lemon and ginger to steep for at least a minute, letting the water cool slightly before adding honey.*