GINGER SHOTS

Ingredients

- 1 cup of ginger
- 4 cups of water
- 1/4 cup of honey
- 2 lemons
- 1 chili* roughly chopped (optional)

Method

1. Tear the ginger roughly leaving the skin on and place in a pan with the water and chili, if using
2. Heat and gently simmer for 20 minutes
   (Do not boil as this will strip away the healthy nutrients from the ginger)
3. Strain the ginger then mix the honey into the warm ginger water
4. Cool and then squeeze in lemons. Pour into a bottle
5. Store in the refrigerator, lasts for one month

*Chili is great for congestion - however it can make the drink spicy, only use if you like a little heat!