

## Cold-Clearing Tea

8 oz hot water  
1/4 tsp ginger powder  
3/4 tsp cinnamon  
pinch cardamom  
1/2 - 1 tsp raw honey



Raw Honey

Steep ginger, cinnamon and cardamom in a cup of hot water. Once it cools, strain it and add a little raw honey to taste.



Ginger



Cinnamon



Cardamom

When enjoyed several times a day, this yummy spiced tea is known to help clear up colds quickly! The mixture of spices helps reduce excess mucous and congestion in the body. (It's very important to use only raw honey, as cooked honey can cause more congestion.)

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