



## Homemade Ginger Lemon and Honey Tea

### Description

Honey, ginger, and lemon have been recognized for their medicinal properties for centuries. Combined, they make a fantastic tea. Using only fresh ingredients, this recipe makes a delicious brew. One you will find yourself enjoying every day.

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A cup of tea is a cup of peace  
*Sen sshitsu VX*



During a trip overseas, I was given “fresh” ginger, lemon, and honey tea during a spa visit. Though I like ginger, I had never found the tea bag version satisfying. This time, it was different, and I inquired

what they did to make their tea so delicious. They said they used fresh ginger, lemons, and local organic honey. It was tangy, sweet, soothing, and simply delicious.

I was determined to make this for myself at home, but life is too busy to make tea from scratch every day. I began researching how to keep all the fresh ingredients and make the process quicker. It took trial and error, but this recipe is not only easier but better than the original tea I was trying to model. All the original ingredients are blended and then frozen in an ice cube. Each cube makes one cup of tea. It is simple perfection.

## Some history

Honey, ginger, and lemon have been recognized for their immune-boosting properties for centuries. Combined, they make a top-notch remedy to help fight against all kinds of ailments. Ginger may have anti-inflammatory properties that could help reduce pain and inflammation associated with conditions such as arthritis, headaches, and menstrual cramps. Along that line, it may help relieve many symptoms accompanying the flu and cold, like infection and inflammation.

## Why does it seem to have medicinal value?

Ginger and honey are known to increase the production of white blood cells, which strengthens the immune system. They also contain zinc, magnesium, and chromium. Lemons are a rich source of vitamin C, fiber, antioxidants, and essential minerals like potassium, calcium, and magnesium.



Homemade ginger lemon honey tea

Lemon and ginger have a reputation as detoxifiers, as they seem to help flush toxins from vital organs in the body and thus improve bodily functions. Ginger's active compounds actively stimulate digestive processes, promoting a healthy GI tract by helping support a healthy microbiome. It is a popular remedy for motion/sea sickness. You see lots of people drinking ginger tea on cruise ships.

Ginger has been found to have similar effects to non-steroidal anti-inflammatory drugs (NSAIDs) but without adverse side effects. Ginger has been found to possibly lower blood sugar levels, making it a popular choice for people with diabetes. But this version does have honey, so that could counter that benefit. The honey is optional, of course. One of the common claims about this tea on the web is that it aids in weight loss and burns belly fat. Many say it helps improve brain function.

## Is this hype about true?

Most of these claims are not often based on scientific fact. Remember that my prior career was as an oncology research nurse, and I tend to look at all these medicinal claims with a critical eye. But if you wish to try it, this has no downside. You may be one of the people for whom it works while enjoying a great cup of tea.

Why do I drink it? First and foremost, it is delicious and refreshing. I also tend to get a sour stomach, and I find it settles quickly without needing any medications. I drink one cup a day in the afternoon or evening. Has it fixed all my health problems? Of course not, but it sure is yummy!



Homemade Ginger, Lemon, and Honey Tea ingredients

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Let's make some tea!



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## Homemade Ginger, Lemon and Honey Tea

For centuries, honey, ginger, and lemon have been recognized for their immune-boosting properties, anti-inflammatory effects and as a digestive aid. When combined, they make a knock-out tea that is delicious and medicinal.

Prep Time30 minutes mins
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Course: Breakfast, Drinks, Snack

Cuisine: Chinese, Indian, Japanese

Yield: 24 cups of tea

Cost: \$12

### Equipment

- 1 Blender with strong blending action
- 1 Electric juicer See in recipe notes below for the brand we use
- 2 Rubber Ice Cube Trays with cover See the recipe notes below for the brand we use

### Materials

- 3/4 pound Fresh Ginger Root
- 2 pounds Lemons, ripe and juicy See recipe notes for brand we use
- 1/2 cup Honey See recipe notes for the brand we use.



## Instructions

1. Peel the ginger and cut into small chunks. This can be hard work. Let us suggest doing so with the back of spoon. Less waste, fast, and your skin is saved from cuts!
2. Slice the lemons in half and place each half in a juicer. I love my electric juicer, it goes so fast!
3. Place the ginger and lemon juice in the blender and pulverize until smooth. Based on your blender, this could take several minutes.
4. Add the honey to the blender and blend for another 30 seconds.
5. Pour into rubber ice cube trays. Cover and place in freezer.
6. To make tea, first boil water. Place one ginger/lemon/honey cube in your cup and pour the hot water over the cube. If you like a sweeter and tangier tea, add honey and fresh lemon juice or a lemon slice. Avoid processed sugar.

## Notes

1. I keep my costs down by buying organic ginger root, honey, and lemons at Costco and Trader Joe's.
2. This tea is a miracle cure if you are prone to a sour stomach or indigestion.
3. Honey lemon ginger tea is the best home remedy for relieving all your winter woes, such as colds, or coughs, and flu.
4. Some ginger can have pulp or strings. I like to leave that in, as it is a good source of fiber. If you prefer not to have that, remove it from the tea before drinking, either with a spoon or by passing it through a strainer.
5. I enjoy one cup a day, usually in the evening. It is simply delicious.
6. Rubber ice cube trays can be found at the Amazon Link below, usually around \$8 for four trays  
<https://amzn.to/4cifA3u>
7. The electric juicer can be found at the Amazon Link below, usually around \$30.  
<https://amzn.to/49RgORH>



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## Ginger, lemon, and tea preparation slide show

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Ginger root, lemons and honey.

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Peeled ginger root

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Juicing the lemons

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Takes seconds with no waste

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Combine ginger, lemon juice

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Ready to go

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Choose the highest setting

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Add the honey and blend 30 seconds more

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Pour into ice cube trays



Place cover on and place in freezer





Tea time, pop one cube into a cup

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Cube

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Pour boiling water over the cube

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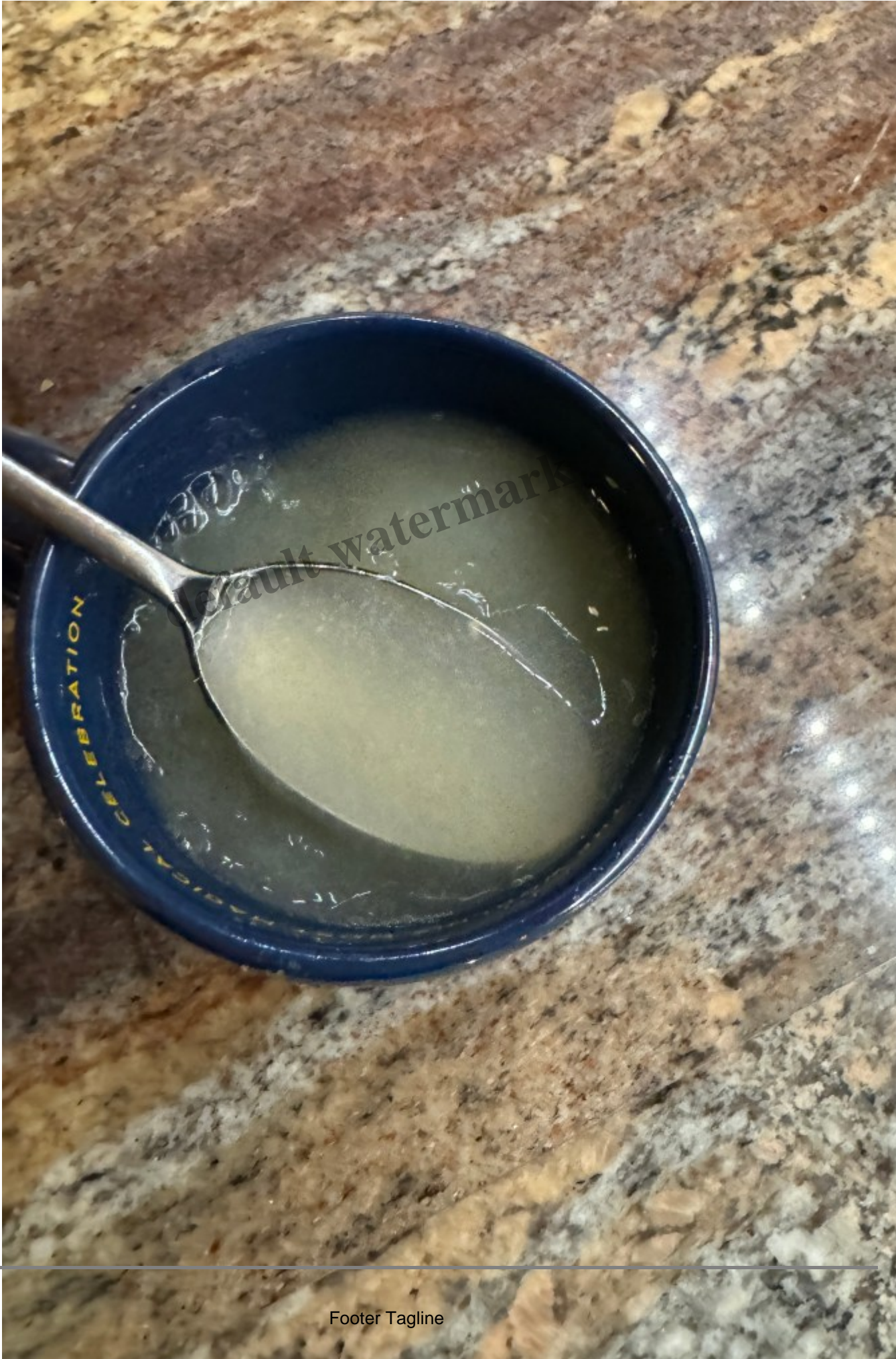




Add more honey and lemon at this time

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Stir till dissolved and enjoy.

Check out what [Mount Sinai Medical Center](#) says about the medicinal uses of ginger

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