



Ginger Peppermint Green Tea - Recipe from The Cancer-Fighting Kitchen by Rebecca Katz

4 servings
25 minutes

Ingredients

- 4 cups Water (filtered)
- 4 slices Ginger (1/2 inch)
- 1 Green Tea (organic whole leaf tea bag)
- 1 Peppermint Tea (organic whole leaf bag)
- 1 tbsp Lemon Juice (freshly squeezed)
- 1 tsp Raw Honey

Nutrition

Amount per serving	
Calories	6
Fat	0g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	0g
Sodium	5mg
Potassium	4mg
Vitamin A	0IU
Vitamin C	1mg
Calcium	24mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Thiamine	0mg
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	1µg
Vitamin B12	0µg
Phosphorous	0mg
Magnesium	5mg

Directions

- 1 Bring the water and ginger to a boil in saucepan, then lower the heat, cover, and simmer for 10 minutes.
- 2 Remove from the heat, add the green and peppermint tea bags, and steep for 10 minutes.
- 3 Remove the tea bags and ginger, then stir in the lemon juice and honey.
- 4 Serve hot, or chill for at least 1 hour before serving over ice.

Notes

No Bulk Leaves, Numi, Mighty Leaf, Organic India are good bagged tea brands

Storage, Store, covered in a glass jar in the refrigerator for 5 days.

Nutritional Highlights: Peppermint, Digestive aid, nausea reducer, anti-inflammatory, antioxidant, antibacterial.

Nutritional Highlights: Green Tea, Anti-inflammatory

Nutritional Highlights: Ginger, Can alleviate gastrointestinal distress, anti-nausea and vomiting, anti-inflammatory, antibacterial.



Zinc	0mg
Selenium	0µg