

Immunity Boosting Tea

This is a FREEZE DRIED PANTRY recipe that makes 1 serving



Ingredients

8-10 oz of hot water (not boiling)
1 tbsp freeze dried lemon powder
2 tbsp high quality honey
1 tsp - 1 tbsp freeze dried ginger powder
(this will be a personal preference)

Directions:

1. Add all ingredients into a 16 oz or larger mug.
2. Stir continuously until all powders are dissolved.
3. Drink

Notes:

Vitamin C begins to break down around 370°F, using hot water will not negate the immunity boost from the vitamin C.

Vitamin Content per serving:

Vitamin C: ~34.63 mg, Vitamin A: ~14.37 IU, Folate: ~7.19 mcg, Vitamin B6: ~ 0.053 mg
Niacin (B3): ~ 0.065 mg, Riboflavin (B2): ~ 0.0113 mg, Thiamin (B1): ~ 0.026 mg
Pantothenic Acid: ~ 0.125 mg

Nutritional Value Per 1 serving of tea with 1 tsp of ginger powder

Calories: 155 Protein: 0 g Fat: 0 g Carbohydrates: 49 g Sugar: 40 g Fiber: 1 g