

Lemon Ginger Tea

Learn to make soothing lemon ginger tea with honey. This warming herbal tea boosts immunity, aids digestion, and fights cold symptoms naturally.

5 min

PREP

20 min

COOK

25 min

TOTAL

2

SERVINGS

Easy

DIFFICULTY

Lemon Ginger Tea

Ingredients

- 2 tbsp fresh root ginger
- 1 fresh lemon juice
- 2 tbsp honey
- 2 cup water

Instructions

1 Prepare the Ginger

Peel 1 piece of fresh ginger using the edge of a spoon. Slice the ginger into thin rounds about 1/8-inch thick to release maximum flavor.

2 Add 2 cups water to a small saucepan and bring to a boil over medium-high heat, about 5-7 minutes.

3 Add the sliced ginger to the boiling water. Reduce heat to low and simmer for 15 minutes, until the water has a strong ginger aroma and light golden color.

4 While the ginger simmers, juice the lemon to get 2 tablespoons fresh lemon juice. Set aside.

5 Remove the saucepan from heat and immediately stir in the 2 tablespoons fresh lemon juice.

6 Strain the tea through a fine-mesh strainer into two mugs, discarding the ginger pieces.

7 Stir 2 tablespoons honey into the hot tea, adjusting sweetness to taste. Serve immediately while hot.

Tips

Use fresh ginger root for the most potent flavor and health benefits. Peel the ginger with a spoon edge to remove the thin skin without wasting the flesh.

Slice ginger thinly or grate it to maximize surface area and extract more beneficial compounds during steeping.

Don't let water reach a full rolling boil when brewing, as temperatures around 200°F preserve delicate compounds in both ginger and honey.

Add honey only after the tea has cooled slightly to preserve its natural enzymes and beneficial properties.

Strain out ginger pieces before serving to prevent the tea from becoming overly strong or bitter.

For stronger ginger flavor, muddle or lightly crush the ginger slices before adding to hot water.

Make a larger batch and store in the refrigerator for up to 3 days—it's delicious served hot or cold over ice.

Experiment with additions like fresh mint, turmeric, or a pinch of black pepper to create your own signature blend.