

Honey Lemon Ginger Tea

- 8 oz [organic lemon juice](#)
- 1/4 c [raw honey](#) (or more, depending on your personal sweet tooth)
- 1 1/2 T [minced ginger](#) (I used the [Ginger People](#)'s jarred type, which is preserved with sugar and rice vinegar.)
- 1 c water
- ice
- Perrier or club soda, optional
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In a **Vitamix** or blender, combine lemon juice, honey, ginger and water and blend for 30 seconds. Refrigerate, then serve **Honey Lemon Ginger Tea** over ice. Can be diluted with water, Perrier or Club Soda. Refreshing! Serves 4 - 6.

Honey Lemon Ginger Tea can also be enjoyed as a hot drink. Dilute with boiling hot water and serve.

For adults only: **HLGT** can be also be diluted with vodka, gin or other spirits!

Jittery Cook