



## Energy Tea with Mānuka Honey

Energizing Mānuka honey tea to start the New Year

### Ingredients

|                                   |          |
|-----------------------------------|----------|
| Bees & Trees Mānuka Honey.....    | 1 tbsp   |
| Freshly squeezed lemon juice..... | 6 tbsp.  |
| Lemon zest.....                   | 1 tbsp.  |
| Freshly grated ginger root.....   | 1 tsp.   |
| Turmeric powder.....              | 1 tsp.   |
| Ground cayenne pepper.....        | 1/8 tsp. |
| Ground black pepper.....          | 1/8 tsp. |



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### Directions

1. Boil 1 ½ cups of water, let stand 5 min to cool slightly.
2. Pour water into a mug, and add your Bees & Trees Mānuka Honey. (Optional, add 4-5 fresh mint leaves)
3. Stir until honey is diluted.
4. Add your lemon juice and lemon zest into the mug and stir until combined.
5. Then stir in the ginger root, turmeric powder, black pepper, and ground cayenne pepper. (Cayenne pepper quantity can be reduced to taste)
6. Lastly, add a slice of fresh lemon.

Enjoy your energizing tea!