

Tummy Tea

1 SERVING 6 MINUTES



INGREDIENTS

- 1 Peppermint Tea Bag (or Green Tea bag)
- 1 tbsp Ginger (Freshly grated or thinly sliced)
- 1 tbsp Lemon Juice
- 1 tsp Apple Cider Vinegar
- 375 milliliters Boiling Water
- 1/2 tsp Raw Honey

DIRECTIONS

- 01 Add ginger, lemon juice, tea bag & apple cider vinegar to a large mug and pour boiling water over the top.
- 02 Steep for 3 minutes and then remove the peppermint or green teabag.
- 03 Stir in honey and enjoy!

NOTES

HISTAMINE SENSITIVE?

Some people don't tolerate apple cider vinegar. That's ok, just omit.

EXTRA KICK?

Add a dash (or two) of cayenne pepper to spice things up. Spicy foods can trigger some IBS sufferers so take it easy.

FRUCTOSE MALABSORPTION

Replace honey with maple syrup or just omit.

BATCH

Make a double or triple batch and sip throughout the day. You can reheat on the stove or chill in summer.

ALL ROUNDER

This tea is great for pre and post digestion. It will stimulate stomach acid & bile, improving digestion, and act as a soothing de-bloating drink after meals too.