Manuka Honey, Ginger and Lemon Tea

EASY • 15 MINS

Warm honey, lemon and ginger drinks have long been the go-to home remedy for sore throat relief. We upgraded this classic soother by swapping regular honey to Capilano Manuka Honey for added health benefits and a richer taste. Prized for its health supporting properties, this natural superfood is essential for soothing a tickle.

SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	5 mins	10 mins	1

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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Ingredients

- 2 cups water
- ½ cup fresh lemon
- 1 piece ginger, 1-2 inches (2-4cm)
- A squeeze of Capilano Manuka Honey

Used in this recipe

Active Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste
Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

Method

1. Bring water to a boil and remove from heat.
2. Slice lemon and ginger into thin pieces, and add to the hot water.
3. Let it steep for 5-10 minutes.
4. Strain and pour tea into a mug.
5. Add your squeeze of Capilano Manuka Honey, stir, and serve.
6. Tip: Store in the fridge and serve over ice or soda water for a cooling and refreshing drink.

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