

Ginger Tea with Oranges



Very healthy ginger tea, ideal against cold and if you add a bit of chilly, the cold is soon away.

INGREDIENTS :

1500 ml. of water

3 lemons (without peel)

5 cm of ginger

3 cinnamon sticks

2 tea bags (at your choice)

3 oranges

Chilli (not obligatory, if you use it, then take small amounts so the tea is not too hot)

PREPARATION :

1 . peel the lemons and cut them into cubes...

2 . peel the ginger with a teaspoon and cut it into thin slices (if you have BIO ginger you do not have to peel it)...

- 3 . put the lemon, cinnamon sticks and ginger into the water...
- 4 . cover the tea and put it to boil, when it boils, reduce the temperature and let it cook for 5 more minutes...
- 5 . then take it away from the stove and put 2 bags of tea by your choice and let it stay for 20 minutes...
- 6 . drain the tea in a colander...
- 7 . drain 3 oranges and add them into the drained tea...
- 8 . if wished, everybody can add a little chili into their cup...



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