

From: [REDACTED] <[REDACTED]>

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Subject: Ginger spiced tea for Jeffrey

Date: Tue, 21 Aug 2012 02:44:31 +0000

Sorry Karyna , i was out and my phone's battery died ...just got it , sorry I hope it is not too late , if you have additional questions give me a call :)

Ginger spiced tea for Jeffrey

Servings:2

Ingredients

6,5 oz ginger root, sliced

4 tablespoons honey

5 pods cardamom

1 star anise (or 1/2 tsp of dry seeds)

10 whole cloves

juice of 1 lemon

Directions:

Add sliced ginger, star anise and cardamom to 1 liter of boiling water.

Simmer for 20 minutes

Add in cloves and simmer for additional 5 minutes

Cut the heat. Add juice of one lemon.

Sent from my iPad