

## Ginger Digest Tea

Adapted from-Commonweal Tea, The Cancer Fighting Kitchen, Rebecca Katz

1/2 cup sliced, peeled fresh ginger, cut 1/4 inch thick  
1 gallon filtered water  
4 T coriander seeds  
4 T cardamom pods  
4 cinnamon sticks  
6 whole cloves  
Optional:  
4 T chamomile flowers  
Almond, coconut, rice or other milk  
Honey

### Make the Tea

In a large pot, add the water and the peeled, chopped ginger and bring to a boil. Lower the heat. Cover. Simmer for 30 minutes.

Add the coriander, cardamom, cinnamon, and cloves and continue to simmer for an additional 20 minutes. Turn off the heat.

Optional: Add the chamomile. Let steep 20 min.

Strain the tea through a fine-mesh sieve into a clean container. Save the spices.\* Divide up the tea into glass bottles. Store in the refrigerator for up to 2 weeks.

Enjoy this Digest tea hot, warm, room temp or cold.

### Option: Add Milk and Sweetener

In a sauce pan, add 2 cups of the tea blend, 1/2 c or more of milk (almond, rice, other), and gently heat, (avoid boiling). Pour into a cup. Option: sweeten with honey.

\*Strained spices can be used to make another, smaller batch. The strained spice mix will keep up to 5 days in the refrigerator.

### To make this second, smaller batch:

In a pot, add 8 cups of filtered water and the remaining herb mix. Bring to a boil. Lower heat. Simmer for 30 minutes. Strain the tea and discard the spices.