



## **Power Tea recipe**

### **Ingredients per cup**

Sliced fresh Ginger – about ½ inch long  
1 whole Lemon  
Up to 1 tablespoon of local or Manuka honey  
¼ teaspoon of Coconut oil  
¾ cup boiled water  
½ sachet of Knox gelatin (optional)

### **Method**

Place sliced ginger into a cup and pour over recently boiled water.  
Squeeze juice of lemon into the cup. Optionally scoop out the pulp.  
Add the tbs of honey and stir.  
Add coconut oil and stir.  
Add gelatin, stir, and let sit for 30 seconds.

### **Benefits**

This power tea has wonderful anti-fungal and antibacterial properties.  
It increases the fire in your life (Chinese element) and is good for boosting energy or reducing effects of colds and flu symptoms (as well as boosting fat loss via increased metabolism).

### **Dosage**

Drink 4 cups per day if you have reduced vitality or 1 cup per day for a boost.  
Drink 1 cup per week to prevent low immunity and to stay in good health.