Ginger & Lemongrass Digestive Tea

A simple, warming tea to settle things after a heavy meal.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
3 min	**10 min**	**13 min**	**1**	**EASY**

Ingredients

- 2 tsp fresh mint
- 1 handful lemongrass leaves (or 1 stalk, bruised)
- 5 g fresh root ginger (sliced)
- 500 ml water

Method

1. Simmer the ginger in the water for 5–10 minutes to make a decoction.
2. Add the lemongrass and mint, take off the heat, and let steep for 5 minutes.
3. Strain and drink warm.

Tips & swaps

- Good after dinner, or any time your stomach feels unsettled.

Storage & reheating

Best drunk fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
10	**0g**	**2g**	**0g**	**0g**

Estimated values, for guidance only.