

This Ginger Lemon Tea is a warm hug for your gut and a fresh start for your senses. Made by steeping instead of boiling, it's delicate yet effective — soothing the stomach, kindling digestion, and bringing clarity without the intensity of over-spicing or processed sweeteners.

## What Is Steeped Ginger Lemon Tea?

Ginger Lemon Tea is an herbal infusion where fresh ginger is steeped in hot water with lemon juice added later. This version skips honey and avoids boiling the tea leaves or powder, keeping the essence subtle, sattvic, and ayurvedically balanced.

## How to Make Steeped Ginger Lemon Tea: The Traditional Way

### □ Ingredients:

- 1 tsp **black tea powder** or **1 tea bag** (optional — skip for herbal version)
- 1½ cups **hot water** (around 85–90°C)
- 1 tsp **fresh ginger**, finely grated or crushed
- Juice of ½ **fresh lemon**
- 1 tsp **natural palm sugar** (optional and to taste)

### □ Method:

#### 1. Steep Ginger and Tea

- Heat water until just before boiling.
- In a cup or pot, add the ginger and tea powder/tea bag.
- Pour hot water over it, cover, and steep for **5-7 minutes**.

#### 2. Strain and Finish

- Strain into a cup.
- Let cool slightly, then stir in **fresh lemon juice**.
- Add palm sugar if needed and serve warm.

### □ Ayurvedic Benefits

1. **Ginger**: Enhances agni (digestive fire), relieves bloating, reduces [kapha](#).
2. **Lemon**: Alkalizes the body, clears ama (toxins), balances [vata](#) and [pitta](#).

3. **Palm sugar:** A sattvic sweetener that doesn't disturb doshas when used moderately.

#### ☐ **Pro Tips from the Indian Kitchen**

- Always **add lemon juice after cooling slightly** to retain Vitamin C.
- If using **tea leaves**, avoid over-steeping — 3-4 minutes is ideal.
- Use **young ginger** for a less pungent flavor, especially if sensitive.

#### ♥ **Why We Love Steeped Ginger Lemon Tea**

- Naturally energizing without caffeine overload
- Eases nausea, gas, and cold symptoms
- Perfect companion for light meals and fasting days
- Deeply refreshing with a gentle zing

#### ☐ **Ideal For**

- **Morning detox**
- **Fasting support or post-meal digestion**
- **Mild colds or [kapha](#)-related imbalances**
- **Those avoiding honey, jaggery, or processed sugars**
- **Sattvic or calming diets**

