



1/2 cup ginger root thinly sliced
2 cinnamon sticks
6 cups water

honey to taste
lemon juice to taste

In a sauce pan combine the ginger, cinnamon sticks, and water.

Bring the mixture to a boil over high heat, then lower the heat and simmer for 15 to 20 minutes.

Strain the liquid through a fine sieve or mesh strainer into a mug.

Stir in honey or lemon juice if desired.

Serve