

Food Babe's In Flight Ginger Tea



Prep Time:	Cook Time:	Total Time:	Serves:
2 mins	0 mins	2 mins	1

<https://foodbabe.com/healthy-airport-food>

Ingredients:

- 3 tablespoons ginger root, sliced
- 1 insulated water bottle

Instructions:

1. Wash, peel and slice ginger root.
2. Place ginger root in an empty insulated bottle.
3. Fill with hot water after going through security - any cafe will gladly do this for free or sometimes for a dollar. (If you get it free, don't forget to leave a tip).
4. Enjoy hot ginger tea while you travel, on flight or anywhere!

Notes:

- You can refill your bottle again with hot water after you land - the ginger will last for another serving!
- Please choose organic ingredients when possible.