

LEMON-GINGER COLLAGEN GREEN TEA

Water

Water is required by every cell in the body & is vital for all body functions. Water helps transport oxygen & nutrients, crucial for brain function; water also provides cushioning & lubrication to brain tissue.

Ginger

Ginger improves memory & attention, acts as a natural antidepressant, & calms anxiety. It is also an anti-inflammatory making it popular for treating the inflammation caused by arthritis.

Cinnamon

Studies suggest that the scent of cinnamon can improve performance in several types of memory tasks. Cinnamon is also a good source of manganese, an antioxidant crucial for brain & body health.

Honey

Raw honey possesses anticonvulsant & antidepressant effects, as well as having neuroprotective effects. Consumption of honey also prevents metabolic stress & helps to soothe & calm the brain.

Lemon

Lemons contain lots of Vitamin C, known to lower stress hormones, also helping to keep free radicals in the body in control. Vitamin C also helps in the recovery of the adrenal gland that is impacted by stress.

Collagen

Collagen is a key ingredient in keeping every joint, tendon, bone, & ligament in the body healthy. It is found in all of these tissues, & also improves skin health, nail strength, & slows the effects of aging.

Green Tea

Drinking about half a cup of green tea a day seems to lower the risk of developing depression & dementia. Tea is also rich in the antioxidant EGCG, which makes people feel calmer, improves memory & attention.

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Makes 1 Serving

Instructions

- Bring 2 cups of **cold water** just under a boil on medium-high heat (As the water boils, some will evaporate, leaving less water than starting; you may also have some extra leftover depending on the size of your cup, that you can reuse later.)
- Add 1" of freshly peeled, sliced **ginger root** to the boiling water.
- Add ⅛ - ¼ tsp of **cinnamon** to the boiling water.
- Add ½ tbsp of **raw honey** to the boiling water & gently whisk.
- Boil mixture for 5-10 minutes, occasionally stirring.
- Place 1 **organic green tea** bag into your cup of choice (optional)
- Steep for 3-5 minutes
- Remove tea bag
- Strain boiled mixture over the tea bag.
- Juice ¼ - ½ of a freshly squeezed **lemon**
- Add 1 scoop of **unflavored collagen + derma**val & stir
- Let sit for 5-10 minutes, until cooled to a warm temperature.

Sip, & enjoy!

Recipe

- **Water** - 2 cups
- **Ginger** - 1" root
- **Cinnamon** - ¼ tsp
- **Thrive Market: Australian Manuka Raw Honey** - ½ tbsp
- **Organic Green Tea** - 1 tea bag (optional)
- **Lemon** - ¼ - ½
- **Ora Organics: Vanilla Plant-Based Collagen-Boosting Powder** - 1 scoop

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Substitutions

- Most flavored powders contain gums, natural flavors, and artificial sweeteners that harm the microbiome + negatively affect gut health)! I use Ora Organics: Vanilla Plant-Based Collagen-Boosting Powder, which includes aloe vera, Vitamin C + E, silica, and pea protein. If you choose a different product, make sure to dissect the nutrition labels for any harmful ingredients!
- There are a variety of green teas on the market; however, for this recipe, I use Bigelow: Organic Green Tea. This tea is caffeinated, although feel free to swap it with decaffeinated organic green tea! Whichever tea you decide to use, check the ingredient label for organic green tea. *A good rule of thumb is to look for products with five ingredients or less; if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- Thrive Market has a variety of healthy alternatives, which is where I order a bulk of seasonings, dressings, snacks, & other healthy options; they also have a membership that helps save money on each item by providing them at discounted prices! The best part? It's delivered right to your door! I ordered Thrive Market: Australian Manuka, Raw Honey for this recipe, which comes in a BPA-free container & has only one ingredient: raw manuka honey! You could also use 100% blue agave instead of raw honey if you prefer. If you pick a different type of natural sweetener, make sure always to check the ingredient label! Again, *a good rule of thumb is to look for products with five ingredients or less; if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- Spice it up & add a dash of cayenne pepper! This addition is great when you have or feel a cold coming on, although the maximum amount of cayenne I would toss into this recipe is 1/4 tsp (I know it doesn't sound like much, I promise you, that's SPICY!). Experiment & figure out what's a good amount for YOU! After all, it's YOUR journey!