

# Green Tea & Ginger Toddy

*Serves: 1*

## Ingredients

- 1 1/2 oz golden rum
- 1 super antioxidant green tea bag, or green tea of choice
- 1 tsp raw honey
- 1/4 tsp nutmeg
- 1 cinnamon stick
- 2 cloves
- 4 slices fresh ginger root, peeled
- 6 oz boiling water
- 1 lemon wedge and a shake of ground cinnamon for garnish

## Instructions

1. Place tea bag in a mug with honey, nutmeg, cinnamon stick, cloves and ginger slices. Pour hot water over the tea mixture and let steep for 5 minutes.
2. Strain into clean mug, add the cinnamon stick and cloves but remove ginger slices. Stir in rum and garnish with lemon wedge and ground cinnamon.
3. Sip and relax!

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