

Boost Your Immune System with Ginger

Ginger is more than just a culinary herb, it can also boost your immune system. Here are 4 simple (and tasty!) ginger home remedies to help fight colds and flu.



Fresh Ginger Tea

- 1-inch piece fresh ginger root
- Squeeze of lemon
- Dash of honey (or other sweetener of choice)
- 1 cup just-boiled water

Yield: 1 serving

Grate or mince the fresh ginger. No need to peel it first, but if you really want to peel it, try using a spoon to gently scrape away that outer layer. Put the ginger, lemon, and honey in a cup or jar. Fill the cup or jar with just-boiled water. Cover and let steep for 15 minutes. Strain only if desired. Enjoy warm.

Ginger-Infused Honey

- Fresh ginger
- Raw honey

Yield: variable

Finely mince or grate enough ginger to fill a jar halfway full. Fill the jar with honey. Stir well. Add more honey if necessary. The honey will taste like ginger in as little as 2 to 3 days. You can strain the ginger if desired, or keep it in the honey and eat both the ginger and honey.

Dried Ginger Tea

- 6 grams dried ginger (or about 2 teaspoons cut and sifted dried ginger)
- 3 grams cinnamon chips
- 10 ounces water
- Honey (or other sweetener of choice)

Yield: 1 serving

Place the ginger, cinnamon, and water in a small saucepan. Bring to a boil. Reduce the heat to a simmer and then cover and continue to simmer for 10 minutes. Remove from heat and strain. Add desired amount of honey or other sweetener of choice. Enjoy warm.

Ginger Miso Soup

- 2 cups broth (bone broth, meat broth, or veggie broth)
- 1 inch piece of fresh ginger
- Pinch of freshly ground black pepper
- 1–3 tablespoons miso

Yield: This yields about 1 1/2 cups and is a single serving.

Place the broth, ginger, and black pepper into a medium sized saucepan with a tight fitting lid. Bring to a simmer, cover, and continue to simmer on low for 10 minutes. Strain off the broth. Let the broth cool slightly, then add your desired amount of miso. Serve warm in a mug or as a simple soup.