GINSENG TEA

UNIVERSITY OF MARYLAND EXTENSION | SHOP LOCAL EAT SMART

Ingredients:

- 1 Oz. Whole Dried Ginseng Root
- ⅓ Oz. Whole Licorice Root
- ⅓ Oz. Fresh Ginger Root, plus more for garnish if desired



Instructions:

1. Put the ginseng and 8 cups water in a saucepan over medium heat. Bring to a boil, reduce to simmer and simmer for 1 hour.
2. Add the licorice root and ginger root and 2 more cups cold water. Bring the tea to a boil again, reduce heat and simmer for 30 minutes and strain.
3. Serve garnished with a slices of peeled ginger root.

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