Mint, Ginger and Honey Hot Toddy

From the teas.co.uk wiki

This is an alcohol-free take on a hot toddy, the sort of cup to wrap your hands around late in the evening. It starts with a bag of Dragonfly Organic Three Mint Medley and builds on the old honey, lemon and ginger idea, with a coin of fresh ginger and a clove pushed into a strip of lemon peel for a gentle, spiced warmth.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Mint, Ginger and Honey Hot Toddy recipe. Canonical: https://teas.co.uk/recipes/mint-tea/mint-ginger-and-honey-hot-toddy/*

Because there is no caffeine in it, it suits the end of the day rather than working against it. The mint gives a cool top note, the ginger and clove a slow heat underneath, and the honey and lemon tie the two together. Keep the water just off the boil, as a full boil would scald the mint and sharpen the cup.

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