A Good Cup of Sweet Ginger Tea

From the teas.co.uk wiki

Sweet ginger is one of those teas that earns its keep when you are cold, tired or a bit under the weather. The pyramid bag has real ginger in it, but it pays to give it five minutes rather than the usual three, as the bigger bags are slower to let go of their flavour.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the A Good Cup of Sweet Ginger Tea recipe. Canonical: https://teas.co.uk/recipes/ginger-tea/a-good-cup-of-sweet-ginger-tea/*

For more warmth, drop a thin coin of fresh root ginger in alongside the bag and leave it there while you drink. A small spoon of honey rounds off the heat without burying the spice.

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