

## **SORE THROAT REMEDY**

This soothing, spicy-sweet sore throat remedy is my go to all fall and winter. It also doesn't hurt to add a little splash of bourbon on a cold evening.

### **Ingredients.**

1/2 lemon, juiced  
thin slice of lemon  
1 tablespoon honey  
1" fresh ginger, peeled and thinly sliced  
pinch of cayenne pepper

### **Directions.**

Heat water to a boil. Place the lemon juice, lemon slice, ginger, honey and pinch of cayenne in the bottom of a mug. Fill the mug with boiling water and stir until the honey is dissolved. Let the tea steep and cool for five minutes before sipping.

**RECIPE BY KACIE MCMACKIN**

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