

# GOOD GUT TEA

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## Ingredients

Hot Water

1 Organic Chamomile Tea Bag

1 Organic Ginger/Turmeric Tea Bag

1/4-1/2 tsp Cinnamon

1 Tbsp Honey

1 Tsp Ginger (ground or fresh)

3-5g Collagen or Glycine (optional)

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## Tea Tips

Great for morning or evening.

If you don't have each of these ingredients on hand, improvise!

Ginger Tip: Use frozen crushed ginger cubes from Wal-mart or Target.

Trader Joe's is a great store for ginger/turmeric tea and other hot teas.

