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**From:** [REDACTED] >  
**Sent:** Tuesday, September 4, 2012 6:18 PM  
**To:** [REDACTED] Francis Derby  
**Subject:** Fwd: Ginger spiced tea for Jeffrey

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From: [REDACTED]  
=date: Tuesday, September 4, 2012  
Subject: Ginger spiced tea for Jeffrey<=r>To [REDACTED]  
[REDACTED]

Ginger spiced tea for Jeffrey

Servings:2

Ingredients

6,5-7 oz ginger root, sliced

4 tablespoons honey

5 pods cardamom

1 star anise ( or 1/2 tsp of dry seeds)

10 whole cloves

juice of 1 lemon

Directions:

Add sliced ginger, star anise and cardamom to 1 liter of boiling water.

Simmer for 20 minutes

Add in cloves and simmer for additional 5 minutes

Cut the heat. Add juice of one lemon.

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