

LIVING WELL, EATING WELL - THE RECIPES

Ohood Zedan shows Nutritionist Charlotte Watts how to cook a Syrian Meal

GINGER TEA

Ginger is a wonderful ingredient with a long history of traditional use for health in many cultures. It has been mainly used for immune, respiratory, heart health and also as a relief for nausea and travel sickness. Cinnamon helps to balance blood sugar, lowering the sweet cravings that can have us eating sugary foods that are so harmful to immune protection. Anise also supports this blood sugar regulation and soothes the digestive tract. All of these spices have great antioxidant action for immune and respiratory health.

INGREDIENTS

Dried or fresh ginger
Cinnamon
Anise seeds



METHOD

- Put all the ingredients into a pan, and boil for about 30 minutes.
- Put some chopped walnuts into the bottom of the cups.
- Pour over the hot tea

See Ohood's Facebook page for more of her dishes: 'I'm Vegetarian'
Charlotte's info here: https://www.charlottewattshealth.com

