

Singer's Tea Recipe

Use Singer's Tea to warm and soothe the throat, to cut through mucous and to stimulate the circulation in the vocal tract. It is beneficial to drink during a rehearsal or recording session.

1 fresh ginger root (8-10" worth!)

¼ tsp cayenne pepper

6 oz apple juice concentrate

1/3 C honey

Juice of 1 fresh lemon

- Chop the ginger root in ¼ inch slices (rounds) using approximately 8-10" of the root.
- Add enough water to cover the slices in a saucepan.
- Bring to a boil, and then simmer for 45 minutes.
- Add cayenne, honey, lemon juice and apple juice concentrate, using relative amounts to suit your taste.