

# Hot Toddy Mocktail

## Ingredients (makes 1 mocktail):

- 2 cups water
- 1 lemon
- 2 tbsp lavender flowers (find in spice isle at store or use lavender syrup)
- 1 tsp ginger
- 1-2 tbsp honey, to taste
- 2 tbsp loose green tea, or your favorite herbal tea instead
- 1-2 cloves raw garlic crushed

## Instructions:

- Combine water, lemon juice, lavender, ginger, honey, garlic, and tea in a saucepan.
- Bring to a boil.
- Remove from heat and steep for at least 5 minutes.
- Strain the brew and pour into a cup or glass.
- Garnish with a lavender flower and a lemon wedge
- Enjoy warm or cold!

Source: <https://theskillfulcook.com/lemon-ginger-lavender-hot-toddy/>

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