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Soothing **Honey Lemon**

Drink

- Cut lemon in half
 Squeeze the juice from lemon
 half into mug and place
 juiced peel into the mug
 Pour a generous serving of
 honey over the peel.
 Pour boiling water over honey
 and lemon and allow drink
 to steep for 10 minutes.
 Remove peel and any seeds.
 Add extra honey if needed.
 Sip and feel better!

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