



- 2 parts ginger powder
- 3 parts cinnamon powder
- pinch of cardamom (optional, since it is so expensive)

Mix all ingredients until well combined. Use to sprinkle in foods such as hot cereal, apple sauce, toast, smoothies, etc. Can also be made into hand herbal tea, oil, or capsules.

Uses:  
Good warming blend to get the circulation going, boosts the immune system, eases nausea and aids the body to fight against viruses, bacteria, and nasty "bugs".