



20 servings



30 minutes prep

## candied ginger for digestion

### ingredients:

- 1 cup fresh ginger {measurement after sliced}
- 3 cups water
- 3 cups organic sugar {Sucanat or Rapadura preferred because unrefined and retain vitamins and minerals} -AND-
- 1/4 cup organic sugar {in addition to the 3 cups}
- 1 teaspoon ground fennel seeds {optional}
- 1 teaspoon ground orange peel {optional}
- 1 teaspoon ground cardamom {optional}
- pinch of sea salt

### instructions:

1. Peel ginger and slice into 1/8" rounds or thinner.
2. Mix water and 3 cups of the sugar together in a sauce pan. Bring to boil. Stir until sugar is well dissolved and add ginger slices.
3. Turn heat to low and let simmer for 45 minutes. Keep an eye on the pot while it's simmering and stir often to make sure nothing sticks to the bottom. Add more water if the liquid level gets low.
4. While simmering, mix the last 1/4 cup of sugar, ground fennel, ground orange and ground cardamom in a small bowl, if using.
5. Drain the ginger. Save the liquid as a syrup for teas or coffee {or pancakes}!
6. Place the ginger on a drying rack or parchment paper for 30 minutes.
7. Toss the cooled ginger with the herbal sugar and coat well.
8. Let dry fully on parchment paper for another hour or so and store in an airtight container in the fridge.

### the cuisine of health

- Ginger is high in trace minerals. It...
  - is anti-inflammatory, antiviral, antibacterial, anti-parasitic {boosts immune system}.
  - helps prevent migraines and relieve headaches.
  - is an expectorant and helps with coughs and sore throats.
  - provides cold & flu protection.
  - helps arthritis, joint, muscle and cramping pain.