

HEALTHY HONEY & GINGER DRINK

Makes 2 Quarts, 15 min prep and time..

1 Inch of ginger, peeled sliced

1/3 Cup of Organic Honey

1 Cup of boiling water

Juice of 3 lemons (1/3 cup)

Ice and water

In a heat-proof bowl (or a glass measuring cup), mix together the ginger pieces, honey, and boiling water. Stir well until the honey is dissolved, and then let steep for 10-15 minutes.

Meanwhile, fill a two quart pitcher with ice. Once the ginger is done steeping, strain liquid into the pitcher, and add in the lemon juice. Fill the rest of the way with water, and stir well.

