



Ginger Lemonade

Priscila · 02/06/2024



Prep Time

15 min.

Dificult

Easy

Servings

10

Description

Ginger Lemonade is a refreshing and invigorating drink that blends the citrus acidity of lemon with the spicy warmth of ginger, creating a perfect harmony of flavors. This drink is not only delicious but also packed with health benefits. Ginger, known for its anti-inflammatory and digestive properties, can help relieve nausea and improve digestion, while lemon is an excellent source of vitamin C, known to strengthen the immune system. Beyond its amazing taste and health benefits, Ginger Lemonade is also valued for its simplicity and natural ingredients. It's a great alternative to artificially sweetened beverages, offering natural sweetness and a robust flavor that can be adjusted to individual tastes. Whether as a daily drink of choice or as a special treat, Ginger Lemonade is sure to delight and revitalize all who try it.

Ingredients

- 300 grams of fresh ginger
- 2 cups of sugar
- 10 cups (250 ml each) of water
- 2 cups (250 ml each) of freshly squeezed lemon juice

Instructions

1. Peel and slice the ginger into thin slices.
2. In a saucepan combine the ginger sugar and 4 cups of water. Place over high heat.
3. Bring to a boil
4. then reduce the heat to medium and let it simmer for 45 minutes.
5. Strain the mixture through a fine mesh sieve. Allow it to cool to room temperature.
6. Mix in the lemon juice and the remaining water.