



Apple and Ginger Lemonade

Priscila · 02/06/2024



Prep Time

5 min.

Difficult

Easy

Servings

2

Description

Apple and Ginger Lemonade is a delightfully unique beverage that blends the natural sweetness of apples with the refreshing zing of ginger and the vibrant tartness of lemon. This combination not only creates a complex and satisfying flavor but also offers a host of health benefits. Ginger, with its anti-inflammatory and digestive properties, can help soothe the stomach and promote digestion, while apples provide fiber and antioxidants, contributing to overall health and well-being. Lemon, rich in vitamin C, aids in bolstering the immune system, making this lemonade a perfect choice for an energy boost and hydration.

Ingredients

- 4 apples cut into pieces (seeds removed)
- Juice of 2 lemons
- 1 piece of peeled ginger
- 300 ml of water

Instructions

1. In a blender combine the apples lemon juice and water. Blend until smooth.
2. Add the ginger and blend for another 10 seconds.
3. Serve and enjoy.
- 4.