



# Recipes

## Juices/Teas

### **Ginger Drink**

*Prep Time: 10 minutes*

*Cooking Time: 24 hours*

*Yield: 6-8 servings*

#### **Ingredients:**

1 lb fresh ginger root

6 cups water

Juice of 2 limes

Maple syrup or agave nectar to taste

#### **Directions:**

1. Peel and grate the ginger.
2. Add water to a large sauce pan with the ginger and bring to a boil.
3. Simmer for 5 minutes.
4. Cover the pan and turn off heat. Let sit for 24 hours.
5. Strain the liquid through a fine mesh sieve.
6. Add the lime juice and maple syrup or agave, stir until dissolved.
7. Serve chilled.