

Drink | Side | Snack

Ginger Snap Cider

Side Effect: Nausea/Vomiting

5 Mins
Prep Time

0 Mins
Cook Time

1
Servings

 **145 Calories** **0g Fat** **38g Carbs** **0g Protein**



Ingredients

 **1 Serving**  **5 Mins Total Time**  **Allergens: Gluten**

1 Ginger Snap Cookie

2 Tbsp Sugar

2 oz Apple Cider, **pasteurized**

2 oz Ginger Beer 

Allergen Swap

Gluten Replace ginger snap cookie with a gluten-free version.

Nourishment Note

Ginger Beer

Ginger beer, ginger ale, and ginger tea are all proven to help reduce feelings of nausea.

Consuming liquids between meals rather with meals can help reduce episodes of nausea and help maintain hydration.

Consuming cool, light foods and beverages with little odor can help with nausea.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Mix Ingredients

To a zip-top bag, add the ginger cookie and sugar. Crush gently rolling a rolling pin over the bag. Wet the rim of the glass and dip in the sugar cookie mixture. (This step is optional).

3. Pour Over Ice

Fill a glass half-full of ice. Pour the apple cider over ice. Top with ginger beer.

4. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cup



Glass



Zip-Top Bag



Rolling Pin

Fatigue Buster

- Ask a friend or family member to help prepare recipe.
- Try making a large batch and keeping it in the refrigerator to have on hand for nausea episodes. Beverage will keep well for up to 2 days.