

Snack

Sparkling Honey Ginger Lemonade

Side Effect: Nausea/Vomiting

5 Mins Prep Time

10 Mins Cook Time

6 Servings

130 Calories Og Fat 35g Carbs Og Protein



Ingredients

6 Servings • **1** Cup Serving Size



Allergens: None

2 Cups Water

²/₃ Cup Pasteurized Honey

2 Tbsp Ginger Paste (or 2 Tbsp Fresh Ginger, minced)



1 Cup Lemon Juice (approximately 6 washed lemons) 👣

Nourishment Note



Ginger

Ginger has long been used as a remedy to fight against nausea. Gingerol, the bioactive ingredient in ginger, may also be beneficial as an antioxidant and antiinflammatory agent.



Club Soda

Some may find that slightly fizzy beverages, like club soda, ease nausea better than other liquids and are hydrating as well.



D Lemon

Tart or sour foods may be easier to consume when feeling nauseous.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Boil Ingredients

In a small saucepan, bring honey, water, and ginger paste to a boil. Remove from the heat and allow to steep for 10 minutes.

3. Strain Mixture

To remove ginger pieces, pour mixture through a fine strainer into a pitcher. Place in refrigerator and allow to cool.

4. Add Club Soda

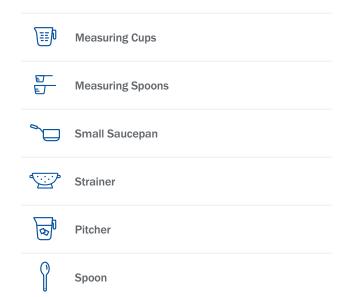
Once cool, add the club soda and lemon juice. Stir and enjoy!

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from: tasteofhome.com

What You'll Need



Fatigue Buster

- Use bottled lemon juice instead of squeezing fresh lemons.
- Purchase ginger paste in the produce section of your local grocery store.