

# lemon ginger water

**Makes 1 pitcher**

**PREP TIME:** 3 minutes

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2-3 inches of fresh ginger, peeled and thinly sliced

½ lemon, sliced

50 oz filtered or sparkling water

**ADD** ginger and lemon to a pitcher of room temperature or warm water.

**ALLOW** to sit at room temperature for 30-60 minutes.

**SERVE** room temperature or over ice.

**STORE** in refrigerator for up to 3 days. The flavor will get more intense with time.

**Note:** As an alternative, pour hot/boiling water over ginger and lemon for a soothing alternative to coffee or tea. The flavor will be fully infused in 5-15 minutes.

