

A refreshing twist on ginger ale: Homemade healthy version

Experience the perfect blend of sweet, spicy and refreshing flavors with this gut-friendly ginger ale. You don't have to sacrifice taste for health when it comes to this classic soda!

SERVINGS: 4-8 PREP: 10 MIN COOK TIME: 20 MIN

INGREDIENTS

1 cup of ginger root, washed well, unpeeled and sliced
2 cups filtered water
2-4 Tbsp honey
Juice of ½-1 lime
sparkling mineral water



DIRECTIONS

1. To a small saucepan, add sliced ginger and water and simmer over low heat for 20 minutes.
2. Strain the ginger juice into a glass measuring cup. Allow it to cool for 5 minutes and then stir in the honey and lime juice.
3. Chill for at least 30 minutes. When ready to serve, pour about 2-4 Tbsp of ginger syrup into a glass filled with ice.
4. Top with sparkling mineral water and mix with a glass straw or spoon.
5. Garnish with a lime wedge, fresh mint or ginger root and enjoy!

NOTES

Are you planning to serve a beverage at an upcoming event? Here is a great tip: triple the recipe the night before, so that the syrup is ready and chilled. This not only saves time but also guarantees that the drink will be refreshingly cold. Plus, tripling the recipe ensures that everyone can have more than one glass!