

Go Natural's Vitamin C & Ginger Lemonade

Ingredients:

Serves 4 people

1L distilled water

1 lemon

1 inch of peeled fresh ginger root

2 tsp sodium ascorbate (buffered Vitamin C) ½ tsp per adult or ¼ tsp per child

1 Tbsp raw honey to taste

A pinch of himalayan rock salt

Equipment: Blender

Preparation:

- Decant 1L distilled water into the blender jug.
- Add the Vitamin C powder.
- Scoop 1 Tbsp of honey and rest the spoon in the liquid in the blender while preparing the remainder of the ingredients.
- Grate the ginger and the complete zest of the lemon into the water.
- Squeeze and add the lemon juice into the blender jug.
- Add the pinch of salt.
- Scrape the honey from the spoon and remove the spoon from the blender.
- Slowly blend for approximately 1 minute until all the ingredients are dissolved.
- Decant into 4 glasses.

Enjoy &

