

Ginger Lemonade

Haven't tried Ginger Lemonade? Well, its a warm and spicy lemonade that increasing energy and circulation, clear sinus congestion and provides a rosy glow to the complexion. Energy, health, and beauty all sound great to me! Not to mention its good. So here is how you make it:

Ingredients

- 1/2 cup of purified water
- 1/4 cup of lemon juice (from a lemon)
- 2 teaspoons of gingerroot, peeled and finely minced
- Stevia to taste
- pinch of cayenne pepper

Directions

- 1) Heat water until to begins to simmer and remove from heat.
- 2) Put in lemon juice, gingerroot, cayenne, stevia, into a mug and pour in warm water. Stir and allow mixture to settle for 5 minutes.
If you want a stronger ginger flavor, leave it for 2 extra minutes.
- 3) Drink while warm and feel energize, beautiful and healthy!

