

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Honey Ginger Lemonade

In order to have a consistent tasting Honey Ginger Lemonade, I've been tweaking the quantities. Consider this recipe your template. If you prefer it spicier, use more fresh ginger and/or keep the ginger in the jar. Tarter? squeeze in extra fresh lemon juice. Sweeter? stir in additional honey, or use a darker variety of honey. Honey Ginger Lemonade stores well in the fridge for about a week, so I make 8 cups at a time.

Thank you, dear Olivia, for inspiring yet another recipe.

Makes 8 cups

Active Time 5 minutes

Total Time 20 minutes plus 2-3 hours to chill in the refrigerator

Ingredients

8 cups water

2 ounces fresh ginger (about 2 large, thumb-sized pieces)

7 tablespoons light, local honey

½ cup fresh lemon juice

Directions

1. While the water is coming to a boil in a saucepan, wash and thinly slice the fresh ginger. Add it to the pot. Once the water boils, lower the heat so it simmers. Partially cover the pan and simmer for 20 minutes.
2. Pour the ginger tea into a half gallon jar or pitcher, straining out the ginger. Or, if you prefer spicier ginger tea, keep the ginger with the tea.
3. Stir in the honey and the fresh lemon juice. Taste and adjust the amounts of honey and lemon juice to taste.
4. Serve immediately, or refrigerate a few hours to serve chilled.