

Ginger & Lemon Spritz

PREP TIME: 3-5 MINS

YIELDS: 8-10 OUNCES (1 SERVING)

Ingredients

- $\frac{3}{4}$ cup club soda (1/2 can)
- 1–2 thin slices fresh ginger, peeled
- 2 thin slices fresh lemon
- 3–5 mint leaves
- Optional: $\frac{1}{2}$ –1 teaspoon honey (only if sweetness is desired)



Nutrition Content for 1 Recipe

Calories: 28kcal

Fat: 0.1g

Fiber: 0.5g

Sodium: 38mg

Carbohydrates: 8g

Protein: 0.2g

Added sugar: 6g

Qualities

Texture: Liquid

Rating for Scent : 3/10

Spice Level: 0/10

Recipe Benefits

- Anti-Nausea
- Hydrating
- Anti-Inflammatory
- Low Sodium

Directions:

1. In a glass, gently press the ginger slices and mint leaves to release their natural oils with a spoon or muddler.
2. Add lemon slices.
3. Fill the glass with ice (optional but refreshing).
4. Pour club soda over top.
5. Stir gently.
6. Taste and add a small amount of honey if sweetness is desired.

Chef's Tips:

- For best nausea support, sip slowly rather than drinking quickly.
- Regular water can also be used in place of club soda.
- Lemon juice can be used in place of lemon slices; 1-2 teaspoons or to taste.

