

Power Ginger Lemonade

This is a recipe from Medical Medium! I love this recipe its refreshing and cleansing!!

Ingredients:

4 cups water
1 inch fresh ginger, peeled
1-2 Tablespoons raw honey, or to taste
1-2 fresh lemons or about $\frac{1}{4}$ cup lemon juice, or to taste
 $\frac{1}{4}$ teaspoon liquid Zinc

Directions:

1. Blend together all ingredients.
2. Let sit over night in the refrigerator and enjoy over the next week!
3. Strain out ginger strings before drinking.