

DRINKS

Strawberry Ginger Lemonade



Recipe makes 3 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 cup strawberries, sliced
- 8 oz ginger, peeled and chopped
- 1/2 cup fresh squeezed lemon juice
- Sweetener (ex: 1/3 cup of agave or maple syrup or 1 tsp liquid stevia)

INSTRUCTIONS

1. Pulse ginger in a food processor until the consistency is like a chunky paste
2. Boil 6 cups of water and ginger in a sauce pan; reduce heat and simmer for 30-40 minutes or until liquid is reduced to about half (~3 cups liquid)
3. Strain the liquid as you pour it into a large jar
4. Mix in lemon juice, sweetener and sliced strawberries
5. Allow strawberries to infuse for an hour up to overnight in the refrigerator or you may choose to muddle the strawberries first for more of an instant flavor

**Recipe note: add sweetener slowly; start with less than suggested and increase to taste*