

Lemon Ginger Water

Ingredients for 2 glasses:

* ½ lemon

* Ginger Piece

Note: Grind ginger into a paste which can be stored in the refrigerator for 3-5 days.

Instructions: Squeeze half lemon and add a half teaspoon of ginger paste into a jug. 2. Add condiments of your choice – cumin powder, rock salt, etc. Optional: If you are not overweight, then as a sweetener you can add brown jaggery (a good source of iron which boosts hemoglobin level) as a sweetener. Pure honey can be another option as a sweetener. However, in this day and age, honey may be diluted with sugar syrup (honeybee population in the world has shrunk to 30% because of insecticide).