

Ginger Detox Drink



Ingredients

- 2 quarts (64 ounces) filtered water
- 1/4 cup peeled lemon zest
- 1/4 cup chopped fresh ginger
- 2 tablespoons fresh lemon juice

Directions

1. Combine the water, lemon zest, and ginger in a large stainless saucepan.
2. Bring to a boil and then remove from the heat.
3. Cover and steep for 4 hours. Combine the water, lemon zest, and ginger in a large stainless saucepan.
4. Bring to a boil and then remove from the heat.
5. Cover and steep for 4 hours.
6. Strain the liquid into a large container or pitcher, and throw away the solids.
7. Stir in the lemon juice.
8. Store in the refrigerator for up to 5 days.
9. Serve hot or iced.

Nutritional Information

Calories	6
Total Fat.....	0g
Saturated Fat	0g
Cholesterol	0mg
Total Carbohydrate....	1g
Dietary Fiber	0g
Sugar	0g
Protein	0g
Sodium	0mg
Potassium	0mg
Serving Size	10 fl oz

Adjusted from: <https://www.ibreatheimhungry.com>