

Snack

Sparkling Honey Ginger Lemonade

Side Effect: Nausea/Vomiting

5 Mins
Prep Time

10 Mins
Cook Time

6
Servings

130 Calories **0g Fat** **35g Carbs** **0g Protein**



Ingredients

6 Servings • 1 Cup Serving Size • 15 Mins Total Time • Allergens: None

2 Cups Water

$\frac{2}{3}$ Cup Pasteurized Honey

2 Tbsp Ginger Paste (or 2 Tbsp Fresh Ginger, minced)

2 Cups Club Soda, slightly flat and chilled

1 Cup Lemon Juice (approximately 6 washed lemons)

Nourishment Note



Ginger

Ginger has long been used as a remedy to fight against nausea. Gingerol, the bioactive ingredient in ginger, may also be beneficial as an antioxidant and anti-inflammatory agent.



Club Soda

Some may find that slightly fizzy beverages, like club soda, ease nausea better than other liquids and are hydrating as well.



Lemon

Tart or sour foods may be easier to consume when feeling nauseous.

Instructions

1. Wash Hands

Wash hands in warm, soapy water before preparing lemonade.

2. Boil Ingredients

In a small saucepan, bring honey, water, and ginger paste to a boil. Remove from the heat and allow to steep for 10 minutes.

3. Strain Mixture

To remove ginger pieces, pour mixture through a fine strainer into a pitcher. Place in refrigerator and allow to cool.

4. Add Club Soda

Once cool, add the club soda and lemon juice. Stir and enjoy!

5. Wash Dishes

Be sure to wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: tasteofhome.com

What You'll Need



Measuring Cups



Measuring Spoons



Small Saucepan



Strainer



Pitcher



Spoon

Fatigue Buster

- Use bottled lemon juice instead of squeezing fresh lemons.
- Purchase ginger paste in the produce section of your local grocery store.