

Morning Lemon Water

Source: Better Vegan Category: Vegan Beverages
Prep Time: 10 min Cook Time: 0 min Total Time: 10 min
Serves 1

Ingredients:

3-4 slices fresh ginger root
Juice of 1/2 lemon
Pinch of cayenne pepper (optional)
Stevia to taste (I use *NOW Foods BetterStevia Liquid*)

Instructions:

1. Place ginger in a tea cup or mug and add hot filtered water. Allow to steep for 3-5 minutes.
2. Add lemon juice, cayenne and stevia to taste. Stir well and sip slowly.

Serving suggestion:

Can be also served with raw honey instead of or in addition to stevia.



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Recipe Link:

<https://www.betterveganrecipes.com/morning-lemon-water>