

Honey Lemon Ginger Elixir

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 5-7 Lemons, sliced
- 2-3 tbsp Ginger, finely grated
- 1/2 cup - 1 cup Unpasteurized Honey, use enough to fill the remaining space in the jar

Instructions:

1. Chop fresh lemons into slices.
2. Pack as many chopped fresh lemon slices into a mason jar as you can.
3. Grate 2 tbsp (at least) of fresh ginger with a fine grater, add to the jar.
4. Fill the space left in the mason jar with honey, preferably unpasteurized in order to get the healing benefits of the honey.
5. This elixir should last up to two weeks if kept refrigerated.