



MILAN'S
GINGER SHOT

Ingredients

- 200 g ginger - fresh
- 5 dl water
- 2 lemons
- 2 teaspoons of honey



**BOOST THE
IMMUNE
SYSTEM!**

Here's how you do it:

1. Peel the ginger and grate it. Slice and squeeze the lemons.
2. Put the ginger and water in a pan and heat it on a low heat, it must not rise above 70°. Let it cool.
3. Remove the pan from the heat and add the lemon juice and honey.
4. Let it cool for about 20 min. Strain the mixture into a bottle.
5. Keeps for 1-2 weeks in the fridge.