

## Ingredients (per person)

- 1 cup of hot water
- 1 level teaspoon of freshly grated ginger
- 1 dessertspoon of honey
- 2 teaspoons of spirulina powder
- the juice of half a lemon

## Preparation

- Peel the ginger and then grate into a container
- Measure the amount of water needed to fill your cup
- Boil the water and then pour over the grated ginger. Cover for 5 minutes to infuse
- Meanwhile mix the honey and spirulina in your cup.
- Add the juice of half a lemon
- Add a little of the ginger infused liquid to mix the ingredients in your cup into a paste.
- You can now add the remainder of the ginger infused liquid and Enjoy!

## Benefits

This Beverage is best to drink in the morning for full appreciation of the "euphoria" it gives, lifting your spirit for rest of the day.