

Vegetable Milks - Lemongrass and Ginger 'Milk'

Recipe for Lemongrass and Ginger 'Milk'



Ingredients:

50 g ginger root
750 ml hot water (80 degrees C)
Honey/stevia/raw sugar to taste (optional)

Instructions:

1. Clean ginger root, use last 2 inches of lemongrass closest to the root and slice roughly.
2. Place in Chufamix sieve with 750 ml hot (80 degrees C) filtered water
3. Use hand blender to macerate the ginger and lemongrass for approximately 1 min.
4. Inhale the fragrance of the herbs - very intoxicating.
5. Consume as is or with a little sweetener.

NOTE: This concoction is very INTENSE and concentrated. If you are having sinus problems, feeling a little down with colds and flus, this would be a great healing tonic with a little honey.

Alternatively, store this concentrate in the fridge and use as much as you want each time with a little more water to dilute the pungent taste of ginger. Serve cold if preferred.