

## **Ginger and Lemon Infusion – AKA: Martin’s Potion**

I originally developed this drink to help relieve pain from inflammation in my joints. However, it became a favorite no to low sugar thirst quencher. Add honey if you prefer a sweetened beverage. Enjoy iced or hot. Friends and family have dubbed it “Martin’s Potion.”

Ingredients – Single recipe for a ½ gallon. (I prefer making a double recipe.)

Water - 8 cups

Ginger Root (fresh) - ¼ cup thinly sliced

Lemon - 1 medium size

Peel outer zest with a sharp vegetable peeler

Juice the lemon (need ¼ cup juice)

Red Pepper Flakes (optional) – I like a Smidgen for a single recipe and a Pinch for a double recipe.

(use small measuring spoons for Smidgen, Pinch, and Dash)

### Directions

Heat degrades vitamins and other benefits of the lemon and ginger, so steep it like a tea and add the lemon juice before refrigerating to retain the most nutrition.

- Place a covered pot filled with water on a stove burner set to high.
- Wash the fresh ginger root under running water. Peeling is optional.
  - Break apart sections if needed.
  - Look for soil, pebbles, and surface sludge to remove.
- Slice the ginger root into thin pieces.
- Add the ginger slices to the pot.
- Wash the lemon with mild dish soap and rinse well.
- Peel the zest from the lemon, leaving as much of the white pith of the rind behind as possible.
  - Trim the pith from the zest if needed.
- Cut the peeled lemon in half and juice the pieces. Discard lemon halves as the pith is bitter.
  - Lemon juice should equal about ¼ cup; top off with bottled lemon juice if needed.
- Add the red pepper flakes to the pot. (optional)
- Cover the pot and bring it to a boil. Turn off the burner.
- Add the lemon zest to the hot pot.
- Let the pot cool before straining into a pitcher.
- Add the lemon juice, stir, and refrigerate.