

# Ginger Juice



## Ingredients:

- One large chunk of ginger, roughly the size of your palm
- 3/4 cup filtered water

## Directions

1. Wash the ginger thoroughly, keep the peel on.
2. Add the ginger and water to a blender, and blend on high for 20-30 seconds.
3. Add a small, fine mesh strainer on top of a wide mouth mason jar. Pour the blender contents through the strainer and into the jar. The pulp will sit on top of the strainer, and that's okay!
4. Next, using the back of a spoon, press the remaining liquid out of the pulp and let it drip into the mason jar. You should be left with a fairly dry pulp. Compost the pulp, or, alternatively, you can save it for tea, or to add to meals.
5. Voila! You have yourself some ginger juice. To use it, add 2 tbsp to 1/4 cup of the ginger juice to 1-2 cups of cool or hot water (to make a regular drink or a tea), alongside any other flavourings such as fresh lemon or fresh turmeric (for hot tea).
6. The ginger juice will last in the fridge up to 5 days. Makes 3-5 servings depending on the quantity of ginger used. Helps with nausea, motility and bloating.
7. Option to freeze 2 tbsp portions of the juice in an ice cube tray and melt in a mug of hot water as needed.