

# Lemon Ginger Water

From: Chef Julia  
Serves: 1

Prep Time: 5 minutes  
Cook Time: n/a



## Ingredients

- 1/2 large lemon
- 1" piece of fresh ginger, peeled & sliced
- 1/8 tsp turmeric
- 1 cup boiling water

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## Instructions

- Squeeze the juice of the 1/2 lemon into a mug. Add sliced ginger and ground turmeric.
- Pour boiling water into the mug and allow to steep for about 5 minutes to let flavors infuse. Strain ginger out before drinking if desired. Drink hot or cold for flavorful hydration.

## Notes