

GINGER BEER

RECIPE ADAPTED FROM THE GOOD LIFE COOKBOOK

INGREDIENTS

base -

- scant 1 cup grated frozen ginger (100 g)
- 1/2 cup brown sugar
- juice from 1 lemon
- 1 cinnamon stick
- just over 1 cup water (250 ml)

to serve -

- ice
- soda water
- fresh mint leaves

DIRECTIONS:

1. Combine the ginger, sugar, lemon juice, and cinnamon stick in a jar. Stir until sugar dissolves. Add water, cover and chill for 4 days to allow the flavors to develop.
2. Strain and divide between tall glasses with ice. Add soda water to taste (a 4:1 ratio is about right), garnish with mint and a lemon wedge. Chug! Feel refreshed!