

Prep Time	15 minutes
Cook Time	10 minutes (optional, for ginger syrup version)
Total Time	25 minutes
Yield	Approximately 4 cups (32 oz / 950 ml)
Serving Size	1 cup (8 oz / 240 ml)
Difficulty	Easy
Category	Beverage / Wellness Drink
Cuisine	Fusion / Health-Inspired

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Why This Juice?

Ginger and lemon have been used for centuries in traditional medicine across cultures. Ginger contains gingerol, a compound known for its anti-inflammatory and nausea-relieving properties, while lemons deliver a hefty dose of vitamin C and antioxidants. Together, they create a drink that supports digestion, hydration, and immune function — all without artificial additives or refined sugar overload.

This recipe is intentionally flexible: you can make it as a fresh-pressed juice (no cooking required) or as a warming infusion (gently simmered). Both methods are included below.

Ingredients

Base Recipe (Fresh-Pressed Version)

- 4-inch piece fresh ginger root (about 60 g), peeled and roughly chopped
- 4 large lemons (about 1 lb / 450 g), juiced (yields ~1 cup fresh juice)
- 4 cups cold filtered water
- 2–3 tbsp raw honey or maple syrup (adjust to taste; optional)
- 1/4 tsp ground turmeric (optional, for extra anti-inflammatory benefits)
- 1 pinch cayenne pepper (optional, for metabolism support)

Warming Infusion Version (Add-On)

- 2 cups additional water
- 1 cinnamon stick (optional)

Optional Boosters

- 1 tbsp freshly grated ginger (for extra heat)
- 1/2 tsp black pepper (enhances turmeric absorption)
- Fresh mint leaves (for garnish and digestion)

Equipment Needed

- Sharp knife and cutting board
- Citrus juicer or handheld reamer
- Fine-mesh strainer or cheesecloth

- Blender (for the blended method)
 - Glass jar or bottle with lid (for storage)
 - Small saucepan (if making the warming version)
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Instructions

Step 1: Prepare the Ginger (Intensity: Low | Time: 5 minutes)

Peel the ginger root using a spoon (scraping the skin off works better than a peeler and preserves more flesh). Roughly chop into small chunks. If you prefer a milder juice, use 3 inches; for a stronger, spicier kick, use 5 inches.

Step 2: Extract the Lemon Juice (Intensity: Low | Time: 5 minutes)

Roll each lemon on the counter with your palm to soften the fibers. Cut in half and juice using a citrus juicer. Strain out seeds and excess pulp if desired. You should have about 1 cup of fresh lemon juice. Set aside.

Step 3: Blend the Ginger (Intensity: Medium | Time: 3 minutes)

Add the chopped ginger and 2 cups of filtered water to a blender. Blend on high for 60–90 seconds until the mixture is smooth and cloudy. If you don't have a blender, finely grate the ginger and steep it in hot water for 10 minutes instead.

Step 4: Strain the Ginger Mixture (Intensity: Low | Time: 3 minutes)

Pour the blended ginger through a fine-mesh strainer or cheesecloth into a large bowl or pitcher. Press the pulp with a spoon to extract all the liquid. Discard the pulp (or save it for tea or cooking).

Step 5: Combine Everything (Intensity: Low | Time: 2 minutes)

Add the fresh lemon juice and remaining 2 cups of filtered water to the ginger liquid. Stir in honey or maple syrup until fully dissolved. Add turmeric and cayenne if using.

Step 6: Taste and Adjust (Intensity: Low | Time: 2 minutes)

Take a sip. If it's too strong, add more water. If it's too tart, add a touch more sweetener. If you want more heat, add extra grated ginger. The flavor should be bright, warming, and balanced — not overly sweet.

Step 7: Chill and Serve (Intensity: None | Time: 5 minutes active, 30 minutes chilling)

Pour into glass bottles or a pitcher. Refrigerate for at least 30 minutes before serving for the best flavor. Serve over ice with a lemon slice and fresh mint.

Warming Infusion Variation (Optional)

If you prefer a soothing hot drink:

1. In a small saucepan, combine 2 cups water, the chopped ginger, and a cinnamon stick.

2. Bring to a boil, then reduce heat and simmer for 10 minutes (Intensity: Low).
3. Remove from heat and let steep for 5 minutes.
4. Strain, then stir in lemon juice and honey.
5. Serve warm — ideal for sore throats or cold evenings.

Time & Intensity Summary

Phase	Time	Intensity
Peeling & chopping ginger	5 min	Low
Juicing lemons	5 min	Low
Blending ginger	3 min	Medium
Straining	3 min	Low
Mixing & sweetening	2 min	Low
Taste adjustment	2 min	Low
Chilling	30 min	None
Total Active Time	~20 minutes	Low-Medium

Storage & Shelf Life

- Refrigerator: Store in a sealed glass jar for up to 5 days. Shake well before drinking, as natural separation occurs.

- Freezer: Pour into ice cube trays and freeze for up to 3 months. Drop a cube into hot water or tea for an instant wellness boost.
- Do not leave at room temperature for more than 2 hours, as fresh juice can ferment.

Nutrition Information (Per 1 Cup / 240 ml Serving)

Based on the base recipe with 2 tbsp honey, divided into 4 servings. Values are estimates and may vary by brand and exact quantities.

Nutrient	Amount
Calories	55 kcal
Total Fat	0.1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	5 mg
Total Carbohydrates	14 g
Dietary Fiber	0.3 g
Total Sugars	12 g
Added Sugars	8 g (from honey)
Protein	0.2 g
Vitamin C	30% DV
Vitamin B6	2% DV
Magnesium	1% DV
Potassium	2% DV
Iron	1% DV
Calcium	1% DV