

Homemade Ginger Ale

If you've never had the real, pure version of ginger ale you owe it to yourself to try this. You'll never go back to the canned stuff again.

Ingredients:

1 cup fresh ginger (smashed and cut in chunks no need to peel)
4 cups of filtered water
1 whole lemon juiced
1/4 cup of raw honey
Seltzer water optional
1/4 cup frozen berries as ice cubes (optional)

Preparation:

In a glass or ceramic pot bring the water to boil with the ginger and simmer for 30 minutes. Then allow to steep for 30 more minutes.
Strain out the ginger and add the lemon juice and honey
Refrigerate this ginger syrup
To make a tall glass of fresh ginger ale add 1/4 cup of the ginger syrup to a glass of your favorite sparkling water.
For a fancy twist use frozen grapes or raspberry instead of ice cubes.
Then enjoy!