

Ginger soda

SERVES - 1

NUTRITION PER SERVING

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Fat: 0 g

Carbs: 4 g / Fiber: 0 g (Net Carbs: 4 g)

Protein: 0 g

Calcium 38mg

Potassium 57mg

Spice up some sparkling mineral water for a super healthy ginger beer inspired beverage, without all the sugar.

INGREDIENTS

- 2 t grated ginger
- 1 t ground ginger
- 1/2 grapefruit
- 400 ml sparkling water
- 3 drops of vanilla stevia (optional)
- ice

METHOD

1. Grate ginger and add to a mixing jug.
2. Add ground ginger and sparkling water.
3. Cut the peel off a grapefruit. Use 2 slices as decoration and freeze the remaining for drinks.
4. Juice the flesh into the jug and mix.
5. Add stevia if you like it sweeter.
6. Pour over ice and garnish with grapefruit peel.