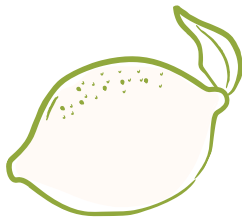




Lemon Ginger Honey Elixir

This lemon ginger honey elixir is a traditional Ayurvedic digestive remedy used in small amounts before meals to stimulate appetite and strengthen digestion.

Servings: A couple of days, using before every meal.
Preparation Time: 15-20 minutes



Ingredients

- 4 tablespoons of ginger juice, freshly grated or squeezed from fresh ginger
- 4 tablespoons of fresh-squeezed lemon juice
- 4 tablespoons of **raw honey**

Instructions

- Mix all of the ingredients in a small jar. Take one ounce (2 tablespoons) 1/2 hour before meals to stimulate hunger and digestion.

Lemon Ginger Honey Elixir (Cont.)



This recipe is excellent for the cool, damp spring months and for Kapha dosha. It can be too stimulating for Pitta dosha and even Vata dosha if used in excess.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

