



Slow Cooker Ginger Lemonade

10 servings

5 minutes

Ingredients

- 10 cups Water
- 2 Lemon (halved)
- 1/2 cup Fresh Ginger (chopped)
- 2 tbsps Fennel Seed (optional)
- 1 tsp Turmeric (optional)
- 1 Rosemary (sprig of fresh rosemary for garnish, optional)
- 1 serving Bcaas (to preference, sweetened with stevia)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 9 |
| Fat | 0g |
| Saturated | 0g |
| Carbs | 2g |
| Fiber | 1g |
| Sugar | 0g |
| Protein | 0g |
| Cholesterol | 0mg |
| Sodium | 6mg |

Directions

- 1 Fill your large slow cooker with water. Cut your lemons in half and squeeze the juice into the water before dropping them into the slow cooker.
- 2 Chop up your fresh ginger and add to slow cooker. No need to peel it as you'll be removing all bits before drinking anyway.
- 3 Add any extra ingredients you may want for the anti-inflammatory benefits, like fennel seed or turmeric.
- 4 Cover slow cooker and cook on high for 4-5 hours or even better, on low for up to 8-12 hours.
- 5 When finished, let cool a little before using a sieve to remove all pieces. Store in glass jars or jugs in fridge.
- 6 Enjoy as a hot tea or a cold beverage. Use your sweetened BCAAs or honey to sweeten to preference just before drinking.

Notes

So flavorful! Even with only the two lemons, the slow cook time makes this very strong and aromatic! When drinking, dilute it to preference. I personally enjoy about 1/3 of lemonade mix to 2/3 water.