



3 HEALTHIER HOMEMADE SODAS



Homemade Ginger Beer

Syrup makes 12 glasses

INGREDIENTS

For the ginger syrup:

- 1 cup honey
- 1 cup water
- 3 thin slices ginger
- 3 strips of lemon peel

For the ginger beer:

- 3 tbsp ginger syrup
- ½ tbsp lemon juice
- 1 cup Valpré Sparkling Spring Water
- 1 slice peeled ginger, to garnish
- 1 slice lemon, to garnish

METHOD

1. In a medium saucepan on a medium heat, combine the honey, water and ginger. Bring to the boil and simmer for 10 minutes.
2. Remove from the heat, cover and allow to infuse while cooling.
3. Strain and pour into a glass bottle with a lid. **Chef's Tip: Syrup will last in the fridge for up to 2 months.*
4. To prepare one serving of ginger beer, simply pour 3 tablespoons of prepared ginger syrup in an ice-filled glass.
5. Add a squeeze of lemon juice and fill the glass with Valpré Sparkling Spring Water.
6. Stir well and garnish with a slice of ginger and lemon. Serve and ENJOY!



Homemade Lemonade

Syrup makes 12 glasses

INGREDIENTS

For the lemon syrup:

- 1 cup honey
- 1 cup water
- 2 tbsp grated lemon zest
- 8 lemons, juiced

For the lemonade:

- 3 tbsp lemon syrup

