

FERMENTED IMMUNE SPLASH

When your body may be feeling the change of seasons or you want a splash of fermented sweetness to your hot water, this honey concoction is a delight. For 2 years of age and older.

SERVINGS	SERVING SIZE	TIME TO MAKE
10	1 SPOONFULL/LEMON	5 MINUTES + BREWING TIME

INGREDIENTS

- 1 Lemon*, sliced
- 6-12 ounces Honey, Unpasteurized (local if able)***
- 2 inches Ginger Root*, minced

DIRECTIONS

1. Thinly slice 1 washed and organic lemon, remove ends (but keep to squeeze juice at end)
2. Remove outer skin of ginger and mince the root
3. In a glass mason jar, or container to hold one lemon i.e. 16 fluid ounces (try to avoid plastic) layer 1 slice of lemon, a pinch of ginger and top with honey to coat
4. Repeat layer until you have around ½-1 inch of space from top of container
5. Gently squeeze end of lemon for added lemon juice and help with fermentation process into jar
6. Place lid over container
7. Place on countertop for up to 1 week or to desired fermented flavor
8. Each day, tip jar over to mix honey from any that have settled on bottom
9. You may see bubbles forming each day, remove lid to release any air pressure building due to the fermentation process
10. If any lemons or ginger show signs of mold/fungus (discoloration, fuzz, etc.) throw out. Try to limit anything from not being covered from the juices/honey
11. 1-3 weeks is around a good fermentation time frame. Once you have reached your flavor desire, place in refrigerator to enjoy throughout the month. The fermentation may continue, but it will be much slower. You may need to release continue air pressure building up in the refrigerator, please be mindful of this.
12. Can enjoy a slice of lemon and a spoonful of honey/juice/minced ginger in hot water, tea, or even a hot toddy. Due to the nature of fermented products, heating may destroy any probiotics made and the amount of sugar will naturally decrease as the

microorganisms will be using the sugar for food, so the actual amount of sugar will be different once consumed and unable to accurately calculate the amount of sugar

13. Enjoy this throughout the day or evening, especially when you may need a boost of immune support.

***DO NOT TO GIVE TO BABIES/TODDLERS UNDER 2 YEARS OF AGE

Nutritional Information per serving: 84 Calories, 0 grams Fat, 0 gram Saturated Fat, 0 mg Cholesterol, 1 mg Sodium, 23 grams Total Carbohydrates, 0 gram Fiber, 22 grams Sugar, 0 grams Protein, 0% Vitamin A, 11% Vitamin C, 0% Calcium, 1% Iron

*Organic ingredients work best to avoid any pesticides, herbicides, fungicides and pack the highest nutrients compared to conventionally grown ingredients

*Amount of sugar will change depending on length of fermentation due to the microorganism, this is the natural process of fermentation and cannot be accurately calculated, this number is based on the amount of sugar found in the ingredients at the time of making. There may also be some alcohol present due to the fermentation, but this number cannot be calculated, proceed with caution.