



- Bring the water to a boil.
- Coarsely chop the parsley and add it to the crystallized ginger inside a teapot.
- Pour the bubbling water and let infuse for 7 minutes.
- Strain and pour into a glass carafe. Let it cool off.
- Add the lemon juice, the lemon slices and the parsley set aside for garnish.
- Refrigerate for 2 hours and et serve cold.

💡 Parsley is packed with nutrients. It is rich in antioxidants, vitamins and minerals. To preserve its aroma, like all aromatic herbs, it is best to wash it under clear water and wrap it into a wet single sheet of paper towel. Place it inside a tight glass container in the refrigerator as it will last +/- one week.

Very easy
Prep Time: 5 min.
Cook Time: 10 min.
Inexpensive
Gluten free
Veggie
Vegan
Detox

Ingredients for 4 people:

4 cups of water
8 sprigs of parsley
+ some to garnish
½ organic lemon juice
½ sliced organic
lemon
1 piece of crystallized
ginger

Variations:

Only use parsley and
lemon juice.

