THE LIGHTER PLATE METHOD

Ginger & Lemon Morning Infusion

Sharp, clean and warming — the simplest way to wake up your palate.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
3 min	**5 min**	**8 min**	**2**	**EASY**

Ingredients

- 4 cm piece fresh root ginger (thinly sliced)
- 1 lemon
- 2 tsp honey
- 600 ml boiling water
- few fresh mint leaves

Method

1. Put the ginger slices and mint into a teapot or jug.
2. Pare two strips of zest from the lemon and add them, then pour over the boiling water.
3. Steep for 5 minutes — longer makes it fierier.
4. Stir in the juice of half the lemon and the honey, and pour into mugs.

Tips & swaps

- Slice the ginger thinly rather than grating it; you get clean heat instead of a cloudy, gritty brew. Add the lemon juice off the boil to keep it tasting fresh.

Storage & reheating

Best drunk fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
25	**0g**	**7g**	**0g**	**0g**

Estimated values, for guidance only.