

Lemon Ginger Stress Cleanse Drink

Prep Time: 3 minutes

Cook Time: 5 minutes

Total Time: 8 minutes

Servings: 1

Ingredients:

- 1 cup hot water
- Juice of ½ lemon
- ½ inch fresh ginger, thinly sliced
- 1 tsp raw apple cider vinegar
- Optional: a drop of maple syrup if too tart

Steps:

1. Combine hot water, lemon juice, ginger slices, and apple cider vinegar in a mug.
2. Steep for 5 minutes.
3. Sip slowly to enjoy its calming and digestive benefits.
4. Optional: add a few fresh mint leaves for extra flavor and antioxidants.

Nutrition Highlights:

- Calories: 35 kcal
- Protein: 0.5 g
- Fiber: 1 g
- Sugar: 2 g

Health Benefits:

- Supports adrenal health and helps lower cortisol.
- Aids digestion and reduces inflammation.
- Acts as a mini mindfulness ritual to calm the nervous system.
- Refreshing, low-calorie, and hydrating beverage.

Pro Tips:

- Use fresh, organic ginger for maximum anti-inflammatory effects.
- Adjust lemon and apple cider vinegar to taste.
- Drink first thing in the morning or mid-afternoon for a gentle stress reset.
- Pair with a high-protein breakfast for more stable blood sugar throughout the day.