



From the Kitchen of Executive Chef Jessica VanRoo

Golden Citrus Ginger Tonic

Ingredients

- 1 cup water
- 4-5 inch piece of ginger, cut into 1 inch pieces
- 4-5 inch piece of turmeric, cut into 1 inch pieces
- 1 dried clove
- 1 cinnamon stick
- 2 cardamom pods
- 1 cup maple syrup
- 2 large lemons, juiced
- 1 large orange, juiced
- 64 ounces sparkling water or water
- Fresh mint for garnish (optional)

Instructions

1. In a small pot, combine the water, ginger, turmeric, clove, cinnamon, cardamom, and maple syrup. Bring the mixture to a boil and then simmer for 30 minutes.
2. Strain, then stir in lemon and orange juice. Refrigerate the mixture until ready to use.
3. To use, add 2 tablespoons of syrup to 8 ounces of water or sparkling water. Stir gently and serve.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per	325 g	Total Fat	0.1g 0%	Total Carbohydrates	29g 10%
1 serving	(11.5 oz)	Saturated	0g 0%	Dietary Fiber	0g 2%
Calories	114	Trans Fat	0g	Sugars	26g
From fat	1	Cholesterol	0mg 0%	Protein	0g 0%
		Sodium	10mg 0%	Vitamin A	1% • Vitamin C
		Calcium	7% • Iron	0%	25%
<i>HappyForks.com</i>		* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			