



# Spicy lemonade with rum

20'

Hands on

4

Portion(s)

1

Difficulty



## Ingredients

- 100 g fresh ginger
- juice from 2 lemons
- 500 g apple juice
- 2 tablespoons honey
- 50 g rum
- 700 g water

## Διατροφικός πίνακας

Nutrition information per portion

119 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	21.0 Total Carbs (g)
6%	0%	0%	8%
19.0 Sugars (g)	0.6 Protein (g)	0.5 Fibre (g)	0.06 Sodium (g)
21%	1%	2%	1%

## Method

- Remove the peel from the ginger by scraping it with a spoon.
- Fill a **pot** with water (700 g). Add the ginger and bring to a boil.
- The longer we let the ginger sit in the water, the spicier our lemonade!
- Squeeze the juice from the lemons into a bowl. Add the honey and put the bowl into the microwave.
- Add the apple juice to the pot with the ginger. Then add the honey and lemon juice mixture.
- Let it simmer for a while. Pass the mixture through a strainer.
- To serve, fill  $\frac{1}{4}$  of a glass with rum. Fill the rest of the glass with our lemonade.

## Tip

If you don't have any rum or if you don't like it, you can use any other white alcoholic drink. Try vodka or even tsipouro, which is a Greek favorite. It is made from white grape pomace and it also has quite a high alcohol content!