

Lemon Ginger Detox Drink

Yields: 1 serving | Serving Size: 1 drink/full recipe | Calories: 11 | Total Fat: 0 g | Saturated Fat: 0 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 2 mg | Carbohydrates: 0 g | Dietary Fiber: 0 g | Sugars: 1 g | Protein: 0 g | SmartPoints: 0 |

Ingredients

- 1 12-ounce glass water, at room temperature
- Juice of 1/2 lemon
- 1/2-inch knob of ginger root

Directions

1. Add the lemon juice to the glass of water. Finely grate the ginger by using a zester, add to the glass of water. This drink is a perfect way to start your day!
2. NOTE: Lemon Ginger Detox Drink can be incorporated into the [3 Day Cleanse & Detox](#) or simply enjoy first thing in the morning.

Substitutions

- 1 - ground ginger, I would recommend using only 1/8 teaspoon and boiling it in the water. And let cool
- 2 - Can I substitute lemon juice for 1/2 lemon – Yes
- 3 – Lime for Lemon
- 4 – little bit of cayenne pepper for ginger