

Honey Citrus Morning Refresher

Makes 2 servings

Ingredients:

- 1 cup warm water
- 2 tablespoons honey
- 1/2 cup orange juice
- 1 tablespoon lemon juice
- (Optional) 1 teaspoon grated ginger



Directions

1. Stir warm water and honey until the honey dissolves in a tall pitcher.
2. Add orange juice, lemon juice, and ginger if using.
3. Serve warm or chilled.

Fun Food Fact

Honey's natural enzymes make it one of the few foods that never spoils—archaeologists found jars still perfectly preserved in ancient tombs.