

## SUMMERTIME GINGERADE

*How perfect! A beautiful nutrient-dense refreshing summer drink from the soon-to-be-published Beyond Carrots & Kale culinary guide to optimizing ocular health at any age, by one of the esteemed Biosyntrx Scientific Board Members, Sandra Young, OD*

Summertime Gingerade

Serves 6

### **Ingredients: for the gingerade**

6 - 2" pieces of fresh ginger

1/4 cup agave nectar OR stevia equivalent

2 tbsp lemon juice

2 liters soda water, chilled

fresh mint, for garnish

1 recipe Watermelon Blueberry Ice Cubes (see below)

Freeze the fresh ginger overnight (or longer, if more convenient) in a freezer bag. Allow the ginger to thaw completely. Peel the skin off the ginger. Using a citrus press, squeeze the ginger to extract the juice.

In a pitcher, stir together the ginger, agave, and lemon juice. When ready to serve, pour 3 tbsp of the mixture into a glass. Add two or three watermelon blueberry ice cubes, and top with soda water.

Garnish with a sprig of mint and serve.

### **Ingredients: for the watermelon blueberry ice cubes**

2 cups seedless watermelon cubes

1 cup blueberries, fresh or frozen

2 tbsp lemon juice

2 tbsp chia seeds + 1/4 cup water, soaked for 15 minutes

#### **Materials:**

2 ice cube trays

#### **Directions** for the ice cubes

Place watermelon, blueberries, lemon juice and soaked chia seeds into a blender and puree until smooth. Pour mixture into 2 ice cube trays; freeze uncovered overnight. Consider freezing the ginger at this time as well. Remove the watermelon-blueberry ice cubes from the tray and seal in a freezer bag until ready to use.

Nutritional Data Per Serving : 81 kcal 17 gm carb .65 gm dietary fiber .65 gm fat 614.3 mg omega-3

Chia seeds -- dietary fiber, ALA omega-3, calcium

Blueberries -- vitamin C, anthocyanins, resveratrol

Ginger -- anti-inflammatory, anti-nausea

Watermelon -- vitamin C, beta-carotene, lycopene