

# Barley Water

## You will need:

- 1/2 cup of whole barley
- 5 cups of water
- 1/4 of a Cinnamon stick
- Grated Ginger
- Freshly squeezed lemon juice



## How to make:

Place the whole barley, water, the cinnamon stick, some grated ginger into a pan and simmer for 20 minutes.

After cooling, strain the mixture and finally add fresh lemon juice for extra flavour.

**Drink between 1 and 3 cups daily**