

GINGER GIANT

What you need:



3cm piece of ginger, peeled and finely grated



1 tablespoon apple cider vinegar



a few ice cubes

+ soda water, to top up



a slice of lime, to decorate (optional)

I love the concept of glucose hacks being gentle giants that we place throughout our day. They protect our glucose levels and free us up to do whatever we want. This particular giant leaves a tingle on the lips and heat in the throat. If you love ginger, start with two teaspoons of it. If you are new to it, start with one teaspoon and build it up.

How to make it:

- Mix the **ginger** and **apple cider vinegar** together in a glass.
- Fill the glass with **ice** and top up with **soda water**. A slice of lime makes a nice decoration, if you wish.

Serves: 1 / Prep time: 5 mins
GLUTEN-FREE, VEGAN



NOT-ORANGE-JUICE SPRITZER

What you need:



2.5cm piece of
ginger, roughly
chopped



2 mint sprigs,
leaves picked, plus
an optional extra
sprig to decorate



1 rosemary sprig, leaves picked,
plus optional extra to decorate



zest of 1 small unwaxed
orange, plus an optional slice
to decorate



¼ teaspoon
ground turmeric



1 tablespoon
apple cider vinegar



a few ice cubes

+ soda water, to top up

Looks like orange juice, is definitely not orange juice. Because orange juice (and all fruit juices for that matter) are a one-way ticket to a glucose rollercoaster; whereas our friend here is a spike-slasher.

How to make it:

- Place the **ginger, mint, rosemary, orange zest, turmeric** and **apple cider vinegar** in a tall glass and use the end of a wooden spoon to gently mash everything together.
- Top up with **soda water**, then put some ice in a fresh glass, and strain the spritzer into it. Serve with a slice of orange and/or some mint or rosemary to decorate, if you wish.

Serves: 1 / Prep time: 5 mins
GLUTEN-FREE, VEGAN

