



PLASTIC FREE JULY

Will you accept the challenge?

Homemade Ginger Beer

STEP 1

Ingredients:

- ½ teaspoon dried yeast
- 1 rounded tablespoon ground ginger
- 1 rounded tablespoon sugar
- 1 cup lukewarm water

Instructions:

Mix all the ingredients together in a jar, cover with a piece of muslin and secure with a rubber band. Each day for the next week, add 1 teaspoon of sugar and 1 teaspoon of ground ginger. Divide the mixture into two halves. Place each half into a glass jar with a cup of warm water. Feed the mixtures each day for the next week 1 teaspoon of sugar and 1 teaspoon of ground ginger.

STEP 2

Ingredients:

- 4 cups sugar
- 24 cups warm water
- ½ cup strained lemon juice

Instructions

Mix all ingredients to make a syrup.

STEP 3

Strain the mixture (from step 1) through 2 layers of muslin. Pour the syrup (from step 2) into the mixture and stir to combine. Bottle and seal.

The ginger beer should be ready to drink in 7 days.

[Find more recipes to help you on your plastic free journey here.](#)