

# Ginger Pear Elixir



Everest

This warm, lightly spiced drink combines the calming properties of ripe pear with the invigorating kick of fresh ginger. It's naturally sweetened with Manuka honey and balanced with a touch of lemon, making it a cozy elixir ideal for chilly evenings or a gentle digestive aid after meals.



SERVINGS  
2 people

CALORIES  
95 kcal

## INGREDIENTS

- 1 whole pair peeled, cored, and chopped
- 1 tbsp ginger freshly grated
- 1 tsp Manuka honey or raw
- 1 tsp lemon juice
- 1 1/2 cups water
- 1 pinch cinnamon or cardamom (for warmth)

## INSTRUCTIONS

1. **Simmer Ingredients:** In a small saucepan, add chopped pear, grated ginger, and water. Bring to a gentle boil. Reduce the heat and simmer for 10–12 minutes, or until the pear is tender and soft.
2. **Blend & Strain (if desired):** Carefully transfer the mixture to a blender and blend until nice and smooth. Strain through a fine mesh sieve or cheesecloth for a silky texture (or enjoy as-is for fiber).
3. **Add Final Flavors:** Stir in Manuka honey and lemon juice while the mixture is still warm. Add cinnamon or cardamom if using.

4. **Serve Warm:** Pour into a mug and sip slowly, ideally in the evening for a calming effect.

## NOTES

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### *Estimated values*

- **Calories:** 95 kcal
- **Carbohydrates:** 24g
- **Sugars:** 17g (from pear and honey)
- **Fiber:** 2g
- **Vitamin C:** 12% DV
- **Potassium:** 180mg
- **Anti-inflammatory compounds:** Gingerol (from ginger), methylglyoxal (from Manuka honey)

