Grounded Goodwife’s Spirulina-Ginger-Nettle Lemonade

Ingredients

       Water

       Juice from 4 large lemons (about 1 cup lemon juice)

       ½ cup honey or agave, or 1 teaspoon liquid stevia (for sweetener)

       ¾ teaspoon spirulina powder (we like this one - [https://amzn.to/3Cbh3GL](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2famzn.to%2f3Cbh3GL&c=E,1,MPVckthPA_-aDPcYKLOzIE3ayQQs3myu51UfiRop76PJc_5PbIuU2Gg4bbMwgqb2Fm3g0fKcfGCDYzGq9r8fxERz3YBzqybWqgI_5iQwIrvlxpqzFdp5ZAbatyCj&typo=1))

       3 tablespoons dried nettle leaf (we like this one - [https://amzn.to/3A62X7F](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2famzn.to%2f3A62X7F&c=E,1,MlMuF0OleILirOTvJkMMYRyEDuElEWul7yz57_4XwMqPdKK_0tZVslJjN8sKZuWMUUQIpAc_lzJOWi3I-ZAUG_HP1PF3Z2K02hsmXIjUb03PYCKC&typo=1))

       ¼ cup chopped ginger root

       Optional – a pinch of Himalayan salt (helps bring out the sweetness)