

The Hangover Mix

Natural hangover remedy drink with ginger, parsley, honey, lemon and mint. This soothing herbal tea helps reduce hangover symptoms in just 15 minutes.

5 min

PREP

10 min

COOK

15 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

Ingredients

- 4 cup water
- 1 sprig parsley
- 1 tsp ginger powder
- 1 tsp honey
- 0.5 lemon
- 3 leaf mint

Instructions

1 Prepare the herbal base

Bring 4 cups water to a rolling boil in a medium saucepan over high heat, about 8-10 minutes.

2 Add 1 sprig fresh parsley and 1 teaspoon grated fresh ginger to the boiling water.

3 Reduce heat to medium and simmer for 5 minutes, allowing the herbs to infuse the water.

4 Remove from heat and immediately stir in 1 teaspoon honey until completely dissolved.

5 Finish and serve

Add 1/2 teaspoon fresh lemon juice and 3 fresh mint leaves to the hot mixture.

6 Let steep for 2 minutes to allow the mint to release its oils.

7 Strain the mixture through a fine-mesh strainer into a large mug, discarding the solids.

8 Serve immediately while hot for best therapeutic effect.

Tips

Use fresh ginger root for maximum potency – frozen ginger works well too and grates easily without peeling.

Strain out the herbs before drinking if you prefer a smoother texture, but leaving them in provides continued steeping benefits.

Add the honey while the liquid is hot to help it dissolve completely, but wait until it cools slightly before adding lemon juice to preserve vitamin C.

Double the recipe if you're severely dehydrated – your body needs extra fluids to recover properly from alcohol consumption.

Keep fresh mint leaves in ice water in your refrigerator so they stay crisp and ready for emergency hangover situations.

If the ginger taste is too strong, start with half the amount and gradually increase your tolerance in future preparations.

Sip slowly rather than drinking quickly – your stomach needs gentle treatment and rapid fluid intake can sometimes increase nausea.