

Hangover Kar??m?

Turkish hangover remedy drink with parsley, ginger, honey, lemon and mint. Natural hangover cure in just 15 minutes. Soothe your stomach naturally.

5	10	15	1	Easy
HAZIRLIK DK	PI?IRME DK	TOPLAM DK	PORSIYON	ZORLUK

Hangover Kar??m?

Malzemeler

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

Yap???

- Prepare the herbal base**

Add 4 cups of water and 1 bunch of fresh parsley to a medium saucepan. Bring to a rolling boil over high heat, about 5-7 minutes.
- Add ginger**

Add 1 teaspoon of powdered ginger to the boiling water and parsley mixture. Continue boiling for 2-3 minutes to extract the ginger flavor.
- Add healing ingredients**

Remove the saucepan from heat immediately. Add 0.5 portion of honey, 1 teaspoon of fresh lemon juice, and 3 fresh mint leaves to the hot mixture.
- Stir gently**

Stir gently with a spoon for 30 seconds to dissolve the honey and combine all ingredients evenly.
- Strain and serve**

Strain the mixture through a fine-mesh sieve to remove the parsley, mint leaves, and any ginger particles. Discard the solids.
- Serve**

Pour the strained liquid into a mug and serve immediately while still warm for maximum effectiveness.

?puçlar?

Use filtered water for the best taste and to avoid any additional impurities that might upset your sensitive stomach.

Steep the parsley and ginger mixture for at least 3-4 minutes after boiling to extract maximum beneficial compounds from the herbs.

Add honey and lemon juice after removing from heat to preserve their beneficial enzymes and vitamin content.

Bruise the mint leaves gently with the back of a spoon before adding them to release more essential oils and flavor.

Strain the mixture before drinking if you prefer a smoother texture, or leave the herbs in for maximum potency.

Prepare all ingredients the night before if you anticipate needing this remedy - your morning self will thank you.

Drink slowly and mindfully; sipping too quickly may cause nausea in your sensitive state.

Follow this remedy with small sips of plain water throughout the day to maintain hydration levels.