

One of the more difficult parts of a major diet change involves giving up all the fun things we used to eat and drink. But, maybe there are alternatives. We've been discovering some delicious alternatives and since we make them at home, we control what goes into the hopper! Martinelli's bottles are of top quality and other supplies can be obtained from home-brewing sources. Clean everything well, stray yeasts can cause problems.

Ginger Ale

In a 5 quart saucepan: (start yeast mixture at this point to allow it to *proof*)

7 oz. fresh Ginger, grated
2 cups organic evaporated cane juice

1 medium-large Lemon, cut into eight pieces
4 quarts cold water, may be filtered or distilled

Boil 30 minutes, cool at least two hours, pour through sieve into 3 gallon mixing pot
Add:

1 gallon distilled water
½ cup Agave Nectar (adjust to taste)

Blend thoroughly, verify that temperature is under 105° F, then add yeast mixture below:

In a separate cup:

¼ tsp dry yeast, a pale ale yeast is recommended

1 Tbs evaporated cane juice
1 cup warm (95° max) Water

Blend again, bottle and cap. Allow to sit approximately two days at room temperature to develop carbonation. Refrigerate to prevent over carbonating and possibly bursting bottles.



Recipes, Tips, Techniques and Fellowship

If it tastes good is it still good for me? An emphatic “Yes” to that. Once we get away from the Standard American Diet (SAD) a whole new world opens up. A world where sickness can turn around and things that we like to eat help heal us. Gary has been trained to share the principles of the world famous Hallelujah Diet. Millions have already found that “You don’t have to be sick!” Find out how this money saving, Bible rooted program can work for you!

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