

# The Festive Flu Fighter

## Ingredients

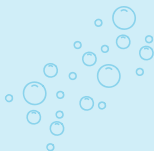
- 1 Scoop of ice
- 1 cup of Lemon Honeysuckle Montane
- A pinch of grated ginger
- 1 Tbs of honey
- 1 quarter of a lemon squeezed
- 1 slice of lemon for garnish (optional)

## Method

1. Fill a glass with ice.
2. Add **Montane Lemon Honeysuckle Sparkling Water**.
3. Add in ginger & honey and stir to mix.
4. Squeeze fresh lemon juice.
5. Top with a slice of lemon.



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BLUE SPRINGS  
**MONTANE**  
SPARKLING SPRING WATER