South Korea

SAENGGANG-CHA

Fruit and root preparations • 1 adult serving

WATER
See preparation

BREW
See preparation

SERVE
Warm

INGREDIENTS

ginger 5 g thinly sliced

drinking water 240 mL

sugar optional



Botanical, grain or fruit drink

Illustrative cup image

PREPARATION

1 Simmer sliced ginger for 5 min, strain and sweeten to taste.

NUTRITION NOTE

Sweetened ingredients can contribute sugars. The amount depends on the product and serving.

CAFFEINE & ALLERGENS

Botanical, grain or fruit drink. Check ingredient labels and substitutions.

SERVING NOTE

For adults. Check supplier directions and serving temperature. For iced drinks, chill promptly and keep cold.

Regional source