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### **Recipe:**

A potion for resistance

### **Ingridients:**

- 1 x lemon
- 1 x teaspoon of honey
- 2 dl of water
- 1 x pinch of ginger
- 1 x pinch of cinnamon



### **Difficulty:**



### **General description and procedure:**

- Squeeze 1 lemon and pour its juice into a glass.
- Put 1 teaspoon of honey in it, sprinkle cinnamon and add a pinch of ginger.
- Then pour lukewarm water into the glass to the top and mix with a spoon.
- We wait for the honey to melt and then sleep.