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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.