

Ion Power Water

Ingredients:

- 3/4 cup pearl barley
- Finely grated zest and juice of 2 lemons
- 1/2 cup honey or 1/4 cup agave nectar
- 6 cups IonPod® or Ion-Stream water

Preparation:

1. Place barley in strainer and rinse under pure water until water runs clear.
2. Place barley in saucepan with grated lemon zest and 6 cups IonPod® water.
3. Bring to boil over medium heat. Once boiling, simmer for 10 minutes then strain mixture into heatproof bowl. Discard barley or save and eat as hot cereal or chill with vegetables for a salad.
4. Add honey to bowl and stir to dissolve. Stir in lemon juice and let cool to room temperature.
5. Pour into bottles and refrigerate until chilled.