



# Sweet Potato Juice

Serves: 1 liter

Active time: 30 min

Total time: 30 min

## Ingredients

1 bunch (250 grams) sweet potato leaves (purple)  
1 liter water  
½ inch ginger, crushed  
1 stalk lemon grass  
1 cup lemon/calamansi juice  
Maple syrup (or any low glycemic index sweetener) to taste

## Directions

- Put the water into boil then add the lemon grass, ginger and sweet potato leaves.
- Simmer for 10 minutes.
- Sieve and let cool then add lemon juice and sweetener, ideally 1 Tbsp/glass (depends on the type of sweetener you use)
- May place in a jar and refrigerate.

