

## *Lemon Peel*



Lemon peel is full of bioactive compounds that may provide numerous health benefits. Contains fibre, vitamin C, calcium, potassium, and magnesium, and is high in antioxidants. Lemon can help lower the risk of kidney stones, enhance iron absorption, increase your immune system and reduce blood pressure.

***Lemon peel from organic wax free lemons.  
(Ideal for using up lemon peel from ginger shots)***

***When peeling lemons, try to remove as little of the white pith as possible.***

***Dry the peelings***

***(I leave mine out at room temperature (approx 48hours), in the kitchen, however if you have a dehydrator you can use as per instructions or in an oven on lowest heat)***

***Once dried place in a blender and process to a powder***

***Uses: cooking, baking, and beverages. Can replace lemon zest in any recipe.***

***Added to the bath and moisturisers.***

***Added to an infusion, to wash floors and surfaces***

