

Ginger Health Shot



Anti-inflammatory

Antioxidant

Immune boosting

Reduce blood sugar

Improve heart health

Treat nausea, indigestion, muscle soreness & osteoarthritis symptoms

1" size piece of ginger (No need to peel)

2 lemons

500ml Coconut water

Pinch of Cayenne pepper

Pinch of Turmeric

Pinch of Cinnamon

Pinch Black pepper

Peel the lemons

Place all the ingredients into a blender and process until smooth

Strain to extract as much juice as possible (using a muslin cloth or sieve)

Pour juice into a glass bottle and enjoy!

Store for up to one week in the fridge or pour into an ice cube tray and freeze

Adjust ginger to your taste or top up your shot with water if too intense