

## Ginger and Turmeric Shot

*Ginger turmeric shots with lemon, cayenne, and orange. These wellness shots have powerful anti-inflammatory and immune boosting properties!*

**Ingredients**

- 4 inches Turmeric Root (about 1/4 cup fresh or 2 tbsp powder)
- 4 inches Ginger Root (about 1/4 cup)
- 1 Lemons, peeled
- 1 lime Partially peeled
- 1 small peg of garlic
- 3/4 cup Pineapple , peeled
- 3/4 cup Coconut Water
- 1/4 cup Fire Cider ( optional )
- 1/8 tsp Cayenne Pepper
- 1/8 tsp ground Black Pepper (for turmeric absorption)
- 1/4 tsp Extra Virgin Olive Oil (\*Optional: for turmeric absorption, see recipe notes)



**Instructions**

1. Wash and dry fresh produce. Peel the lemons and oranges.
2. Add coconut water, probiotics ( optional) With other ingredients
3. Blend with coconut water, Turmeric,ginger root, lemons, lime and Pineapple in a blender . Stir in the cayenne, black pepper, and oil.
4. Roughly blend ingredients then strain through Nut bag or cheese Into a container then... Pour into shot glasses Or 12 ounce mason jar and enjoy!

“We reccomend you drink a quarter cup a day”

Store the leftover ginger turmeric shots in an air tight container in the fridge. They will last about 2-3 days.

- The active ingredient in turmeric called “curcumin” is not easily absorbed by our bodies. A compound called “piperine” in black pepper increases the absorption of curcumin by 2000%. Absorption is also increased by heating the turmeric. Curcumin is fat soluble so adding oil or taking the shots with a meal will increase their effectiveness.

\*\*\*\*\*

