

Oil of Oregano Shooter

Drink this Oil of Oregano Shooter when you first feel a cold coming on. It may reduce the severity of your symptoms and boost your immune system.

Servings: 2
Prep Time: 5 minutes
Storage: 2-3 days in refrigerator
Freeze: 1 month
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Ingredients

1 medium lemon, peeled and seeded
¼ cup lemon juice
½ medium apple, peeled and cored
1-inch knob of ginger, peeled
2 teaspoon honey
2 drops oregano essential oil
1 pinch cayenne pepper
2 slices apple, for garnish/chaser

Instructions

1. Put all ingredients, except cayenne and apple slices in a blender and process until smooth.
2. Serve in a shot glass garnished with a sprinkle of cayenne. Drink and eat apple slice.

Adapted *Flavour & Savour recipe*

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