

Refresh-O-Rama Morning Drink

Serves: 2

Place all ingredients in a blender in the order listed and blend.

Ingredients

- 2 oranges or 2 grapefruits, peeled and seeded
- 1 lemon, peeled and seeded (or lime)
- 1-2 teaspoon honey or maple syrup
- 1/2-inch ginger - peeled, chopped
- Pinch of cardamon
- Dash of cayenne, optional
- 1 cup water
- 1 cup ice

The penetrating quality of this bright drink clears your head and gets you pumped up without caffeine. Those who experience congestion upon waking will especially benefit. It is best first thing in morning on an empty stomach. Wait at least 30 minutes before eating.

CC's S.O.U.L. Food

Chef Chandra's Seasonal/Sustainable, Organic, Unprocessed, and Local Food

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