

Wellness Tonic

I'm always looking for ways to get more turmeric, ginger, and lemon into my system.

These 6-ingredient wellness shots contain anti-inflammatory benefits, a mega-dose of vitamin C, and a delicate balance of flavors to create the ultimate juice to boost immunity.

- Turmeric contains a compound called curcumin, which boasts amazing antioxidant and anti-inflammatory effects.
- Ginger is a natural anti-inflammatory and antioxidant that is known to aid digestion and relieve nausea.
- Lemon is a naturally detoxifying and alkalizing in the body, aids in healthy bowel movements, and boasts plenty of vitamin C, which boosts the immune system.
- And black pepper helps boost the absorption of turmeric by up to 2,000%. Yes, 2,000!

No cooking involved

Prep time: 15 minutes

Total time: 15 minutes

Serves: 4 servings (one ounce each)

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Please be aware that turmeric can stain hands, surfaces, and fabric. I wear gloves when handling turmeric, so I won't have yellow tainted hands and nails. I use colored towels or paper towels to clean up any spills immediately.

Ingredients

- 1 small orange (add 1-2 more oranges for added sweetness)
- 2 small lemons (add 1-2 more lemons for more acidity)
- 1/4 cup chopped fresh turmeric (peeled and chopped)
- 1/4 cup chopped fresh ginger (peeled and chopped)
- 1/4 tsp oil (extra virgin, ghee, coconut oil to help improve turmeric absorption)
- 1/8 tsp fresh black pepper
- Maple syrup or honey to taste, optional (I encourage tasting before adding a sweetener)

Instructions

JUICER: To a juicer, add orange, lemon, turmeric, and ginger and juice per juicer instructions. Divide juice between serving glasses. Add melted coconut oil, and black pepper; stir and enjoy.

BLENDER: Add turmeric and ginger to a high-speed blender (Vitamix). Add the whole orange, the lemons, coconut oil and 1/2 cup water and blend on high for 30 seconds.

Strain through a clean thin dish towel, small fine mesh strainer, or nut milk bag. Or, do not strain if you don't mind pulp.

FOR SERVING: Add black pepper and divide between serving glasses and enjoy! For maximum benefits, enjoy immediately.

FOR STORING: Store any leftovers covered in the refrigerator up to 2 days (best when fresh).

LEFTOVER PULP: You can compost any leftover pulp or freeze into an ice cube tray and add to future smoothies. Or, refrigerate and use to steep in tea.