

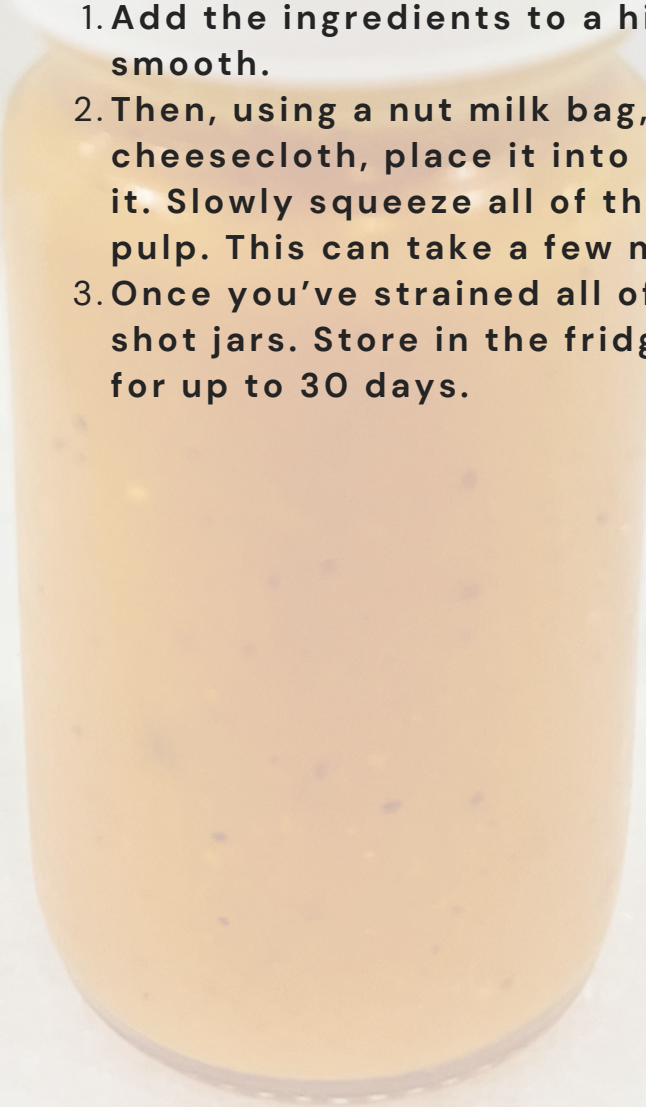
Morning Immune Boosting Shots

Ingredients:

- 2 Oranges, peeled & roughly chopped
- 2 Lemons, peeled & roughly chopped
- 4 Inches of Ginger Root, roughly chopped
- 2-3 Inches of Turmeric Root or 1 tsp Dried Turmeric
- 1/4 tsp Black Pepper
- 1/4 tsp cayenne pepper
- 1 tsp agave or maple syrup

Directions

1. Add the ingredients to a high speed blender and blend until smooth.
2. Then, using a nut milk bag, fine mesh strainer, or triple layered cheesecloth, place it into a large bowl and pour the liquid into it. Slowly squeeze all of the juice out until all you're left with is pulp. This can take a few minutes... don't rush it.
3. Once you've strained all of the juice, transfer it to your 2 oz shot jars. Store in the fridge for up to 7 days and in the freezer for up to 30 days.



MADE WITH LOVE

by Teresa Forchard