

# Large-Batch Morning Immune Boosting Shots

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## INGREDIENTS

- 4 oranges, peeled
- 4 lemons, peeled
- 1 whole fresh pineapple, peeled and cored (juiced)
- 1/3 cup fresh ginger, peeled
- 1/4 cup fresh turmeric, peeled or 2 tsp ground turmeric
- Pinch of black pepper (optional, supports turmeric absorption)

*This yields about 6-7 cups total juice, depending on produce size.*

## DIRECTIONS

1. Juice the oranges, lemons, and fresh pineapple using a juicer.
2. If using a blender instead: blend with a small amount of water and strain well.
3. Add the citrus-pineapple juice to a high-speed blender with ginger, turmeric, and black pepper.
4. Blend until completely smooth.
5. Strain through a fine mesh strainer or nut milk bag for a smooth, concentrated juice.
6. Store in a sealed glass jar in the refrigerator for up to 4-5 days.