

Lemon Ginger Turmeric Shots

Stimulate your digestive fire, and fight inflammation with these fiery Lemon Ginger Turmeric shots!

This powerful combination supports immunity and detoxification, providing potent anti-inflammatory benefits from **CanPrev's Curcumin 100 Liposomal** optimized for absorption.

Take a 2 oz shot each morning to stimulate digestion, activate the immune system and flush out toxins.



Preparation time: 10 mins | Servings: 6



Ingredients

- 5 lemons peeled
- 3 large knobs of fresh ginger root peeled
- 2 tbsp apple cider vinegar
- 1 tsp black pepper
- ½ tsp cayenne powder
- 2 tbsp Curcumin 100 Liposomal

Method

Using a Juicer:

1. Slice the lemons and ginger into small pieces, big enough to fit the mouth of the juicer.
2. Run lemons and ginger through the juicer, stirring the remaining ingredients into the freshly pressed juice.
3. Pour the juice into an airtight glass jar, and store in the refrigerator for up to seven days.

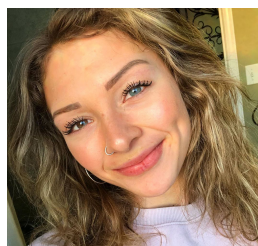
Using a High-Speed Blender:

1. Slice the lemons and ginger into small pieces.
2. In a high-speed blender, blend lemon, ginger and apple cider vinegar to a smooth consistency.
3. Pour the mixture through a fine-mesh strainer to remove the pulp until all fibres are separated.
4. Stir the remaining ingredients into the juice.
5. Pour into an airtight glass jar, and store in the refrigerator for up to seven days.

Featured Products



Developed by: Nicole Bowman



As a fitness and health enthusiast, Nicole combines her background in Human Nutrition with her passion for cooking to create delicious treats with functional benefits.

