



Immune Boosting Shot

Makes 4 portions

Invigorate your mornings with our Immune Boosting Shot, designed to kickstart your day with vitality and wellness. Whether you're facing a busy day ahead or simply seeking a refreshing pick-me-up, this rejuvenating concoction will revitalize your spirit. Follow our easy steps and embrace the vibrant flavors of health and vitality. Here's to a brighter, stronger you.

INGREDIENTS:

2 inches fresh ginger

1-inch unpeeled fresh turmeric or 1 tablespoon ground turmeric

1 large lemon, peeled

1 green apple, cut in quarters and seeded

METHOD:

1. Place the ingredients in a cold press juicer or regular juicer and process.
2. If you don't have a juicer, you can use a blender and strain with a cheesecloth.
3. If using ground turmeric*, be sure to add it after juicing the other ingredients.
4. Serve in a shot glass and enjoy with a pinch of pepper or cayenne.
5. During winter, you can drink it with ½ cup warm water and a teaspoon of honey.

* Be mindful that turmeric can stain surfaces and clothing, so handle it with care, especially when using fresh turmeric.

¡Buen Provecho!

from the Culinary Team at Rancho La Puerta

guestmessage@rancholapuerta.com | 800-443-7565