

# IMMUNITY GINGER SHOT



## INGREDIENTS

- 2 big, juicy lemons;
- 2-3 tablespoons of honey;
- 25 grams of ginger – I like my shot to be quite concentrated and I will admit that it is spicy (burning spicy). So you can lower the quantity;

## INSTRUCTIONS

1. First, squeeze the juice from the lemon (or lemons) and strain it. You can leave the pulp in, but there will also be tiny bits of ginger in it so it might be too thick to drink.
2. Add the lemon juice and honey into your blender.
3. Chop ginger roughly and add it to the blender as well.
4. Mix everything for 30 seconds to one minute. Honey is quite thick and you want it to be well incorporated (trust me).

