



GINGER, LEMON & HONEY SHOT

Here's an easy recipe for a **Ginger, Lemon, and Honey Shot** that's packed with health benefits and perfect for a quick boost of energy!

INGREDIENTS

1-inch piece of fresh ginger (peeled)
Juice of 1/2 lemon (freshly squeezed)



1 tablespoon honey (preferably raw)
1/4 cup warm water

INSTRUCTIONS

1. PREPARE THE GINGER

Peel the ginger and chop it into small pieces to make it easier to blend or crush.

2. MAKE THE SHOT

In a small blender or using a hand blender, combine the ginger, lemon juice, and honey. Add the warm water (not boiling) to help dissolve the honey and blend the mixture until smooth.

3. STRAIN (OPTIONAL)

If you prefer a smoother shot, you can strain the mixture using a fine mesh sieve to remove the ginger pulp.

4. SERVE

Pour the shot into a small glass and drink immediately or make this in batches and store it in the fridge for 1-2 days if you want to prepare it in advance.

This shot is a great way to start your day or give you an immunity boost! Enjoy!

TOP TIP

You can adjust the amount of honey depending on how sweet you want it.

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For an extra kick, add a pinch of cayenne pepper to the shot!

