

# Good Morning Lemon Elixir

## Ingredients

- 1 whole organic lemon
- 1 1/2 " knob fresh ginger
- 1 1/2 " knob of fresh turmeric root
  - or 1/2 tsp turmeric powder
- 2 TBLS organic unfiltered, unrefined olive oil
- 2 TBLS Braggs apple cider vinegar
- 16 oz filtered water
- 1 tsp Himalayan pink salt



## Directions:

Skill Level: EASY

### PREP THE LEMON

Wash the lemon, cut off the ends and cut into quarters.

### BLEND

Place all the ingredients in the blender, process for at least one minute. Strain if desired (but don't- all that goodness and fiber is the bomb!

### STORE IN REFRIGERATOR

Pour into a glass jar and store in the refrigerator. Start every morning with 2-4 ounces, straight up or diluted with water.

## Utensils

- Blender
- Spoon
- Jar with a lid

## Healthy notes:

- Try using it in any recipe that calls for lemon juice for a flavor bomb of immune boosting, digestive enhancing and nutrient dense goodness!
- Ginger and turmeric both fight inflammation while lemon tones the liver and cleanses our cells - we all need this!