

Immune Boosting Shot

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Prep: 20 Cook: 0 Rest: 0 Servings: 8

Ingredients

- $\frac{3}{4}$ lb ▸ Ginger
- 1 ▸ Lemon
- $\frac{1}{2}$ tsp ▸ Black Pepper
- 6 ▸ Oranges
- $\frac{1}{4}$ lb ▸ Turmeric
- 1 ▸ Pineapple
- $\frac{1}{4}$ tsp ▸ Cayenne Pepper

Instructions

1. Juice Ingredients

Juice all ingredients using a juicer (Canoly JE24 recommended). Start with juicier ingredients (pineapple and oranges) at the bottom. The juicer should handle most of the work; a tamper is available if needed but rarely required.

2. Add Spices

Add 0.5 tsp black pepper (essential for turmeric absorption) and 0.25 tsp cayenne pepper to the juice. Note: cayenne doesn't add significant spiciness due to ginger's strength.

3. Prepare Ingredients

Peel and chop all fruits and ginger. Prepare turmeric (fresh or dried). Note: smaller, thinner ginger is stronger, use less if using this type.

4. Soak Produce

Soak all produce in a baking soda water solution for at least 5 minutes to remove pesticides. Rinse thoroughly. For softer fruits like berries, reduce soaking time to prevent mushiness.

5. Check Pulp Dryness

Squeeze the pulp to check dryness; minimal juice should remain indicating efficient juicing.

6. Bottle and Store

Store in airtight containers or ice cube trays. Consume 2 oz at a time after a meal for best absorption. Keeps for about 4 days in the refrigerator or longer if frozen.

Source: <https://youtu.be/ZnNUVAZ8HTQ>