

6 Anti-Inflammatory Immune-Boosting Wellness Shots

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Prep: 20 Cook: 0 Rest: 0 Servings: 90

Ingredients

- 2 ▸ Lemons
- 3 inch ▸ Turmeric
- ¼ tsp ▸ Black Pepper
- 4 cup ▸ Pineapple
- 1 ▸ Cucumber
- 8 ▸ Carrots
- 5 inch ▸ Ginger
- 2 cup ▸ Water
- 2 cup ▸ Strawberries
- ½ cup ▸ Mint Leaves (optional)
- 1 ▸ Apple
- 1 handful ▸ Spinach
- 2 ▸ Oranges
- 2 dropper fulls ▸ Turkey Tail Extract (optional)
- 2 ▸ Beets
- 4 dropper fulls ▸ Ashwagandha Extract (optional)
- 2 cup ▸ Blueberries
- 4 dropper fulls ▸ Black Elderberry Extract (optional)
- 1 tsp ▸ Matcha Powder (optional)

- 1 handful ▶ Parsley

Instructions

1. Prepare Ingredients

Wash and prepare all fruits, vegetables, and herbs. Peel oranges, lemons, ginger, turmeric, and beets. Chop or roughly chop ingredients as needed. Measure out extracts and spices.

2. Portion and Store

Pour the strained juice into shot glasses or freezer-safe containers. Store in the refrigerator for up to 7 days or in the freezer for up to 30 days. Tip: Use plastic shot jars for freezer storage. Glass jars are not freezer-friendly.

3. Blend

Combine ingredients for each shot recipe in a high-speed blender. Add water or coconut water. Blend until smooth. Tip: For recipes with turmeric, add 1/4 teaspoon of black pepper to maximize absorption.

4. Strain

Strain the blended mixture using a nut milk bag, mesh strainer, or cheesecloth. Squeeze thoroughly to extract all the juice. Tip: This step may take a few minutes. Take your time and don't rush.

Source: <https://youtu.be/vXbFEIrTpg8>