

Ginger Elixir

When your digestion seems sluggish and slow, offer it some help by drinking one ounce of this elixir prior to lunch and dinner. A small amount of this natural mix will kindle your digestive fire.

Ingredients:

- 1 cup fresh ginger juice (from fresh ginger root)
- 1 cup lemon juice (made from four to six lemons)
- 1 cup water
- 1/2–3/4 cup raw honey (preferably organic)
- 1/4 teaspoon black pepper

Instructions:

Cut a 3 to 4-inch piece of unpeeled fresh ginger into ½-inch pieces. Using a powerful juicer, push the ginger through the juicer and juice enough fresh ginger root to make one cup. Or place the cut up ginger with 1 cup water into a tall mixing cup and puree with an emulsion blender. Strain.

In a citrus juicer, juice four to six fresh lemons to make 1 cup freshly squeezed lemon juice. Or using a hand citrus juicer, juice 4-6 lemons and add water to make one cup.

With a wire whisk, mix the additional one cup of water, black pepper, and honey into the ginger and lemon juice.

Whisk until well blended.

