

Immune Booster Shot Recipe (Maximum Strength)



Made with all-natural ingredients, this immune booster shot has everything you need to stave off sickness this cold & flu season.

Ingredients

- 1-2 cloves garlic
- 1 tablespoon honey
- ¼ teaspoon turmeric
- 1 tablespoon hot water
- 2-3 tablespoons freshly-squeezed lemon juice - juice of 1 medium lemon
- 4-5 tablespoons freshly-squeezed orange juice - juice of 1 medium navel orange
- 1 dash cinnamon
- 1 dash cayenne pepper
- 1 dash sea salt
- 1 pinch freshly ground black pepper
- 1 tablespoon organic, unfiltered apple cider vinegar see Notes
- 1 teaspoon grated fresh ginger

Instructions

1. Press garlic cloves through garlic press and into small bowl. Set aside 10 minutes. Alternately, finely mince and mash garlic cloves with knife, then set aside.
2. Once garlic has rested close to 10 minutes, add 1 tablespoon honey, 1 tablespoon hot water, and ¼ teaspoon turmeric to glass or cup. Whisk until ingredients are fully combined.
3. Add fresh lemon juice, fresh orange juice, cinnamon, cayenne pepper, sea salt, and black pepper to glass with honey. Whisk until ingredients are fully incorporated.
4. Add apple cider vinegar, ginger, and garlic to glass. Whisk until ingredients are fully incorporated. Consume mixture immediately for maximum benefits.