

# Turmeric-Ginger Shot



## Ingredients:

- 1-2 knuckle ginger
- 1 half lemon
- 1 knuckle turmeric
- 1 dash cayenne pepper

## Instructions:

1. Gather all recipe and make sure everything is properly cleaned/washed.
2. Add the ginger, lemon, and turmeric into the juicer, making sure the juice is properly extracted. If you have a [Life Energy Blender](#), simply pulverize the ingredients.
3. Garnish with a dash of cayenne for an extra kick then drink and enjoy!