



🕒 5–6 immunity shots (about 1 oz each) serving

🕒 10 minutes

## Homemade Ginger Citrus Immunity Shots

### Ingredients

- Fresh ginger
- Orange
- Lemon
- Turmeric (fresh root or powder )
- Black pepper
- Optional additions : cayenne or chili powder , honey (manuka or regular )

### Instructions

1. Add chopped ginger and turmeric , peeled orange and lemon , and black pepper to a blender . Blend until mostly smooth .
2. Check the consistency and blend again if any large pieces remain .
3. Strain the mixture through a fine mesh strainer , pressing to extract the liquid .
4. Pour into shot glasses or airtight bottles and refrigerate for up to 3–5 days .