

Morning Wellness Shot

Ingredients (makes ~6 shots)

- ½ cup **fresh ginger** (roughly chopped)
- ½ cup **fresh turmeric root** (or 2–3 tsp turmeric powder)
- 3–4 **lemons**, juiced
- 1–1.5 cups **pineapple juice**
- 1–2 tsp **black pepper**
- 2–4 tbsp **honey** (optional)
- ½–1 cup **water or coconut water** (adjust for thickness)

Instructions

1. Add everything to a blender
2. Blend until smooth
3. Strain using a small pasta strainer, a fine mesh sieve, or cheesecloth (optional but smoother)
4. Pour into small bottles or a mason jar; only have 1.5oz at a time

Optional upgrades

- 2 tbsp apple cider vinegar → metabolism + gut
- Pinch cayenne → circulation + slight thermogenic effect
- Splash coconut water → electrolytes

Ingredient benefits

- **Turmeric** + black pepper (↓ inflammation (joints, recovery, overall health); black pepper boosts absorption)
- **Ginger** (helps gut motility & bloating, reduces nausea, anti-inflammatory)
- **Lemon** (Vitamin C → immune support; Stimulates digestion (especially in the morning))
- **Pineapple (bromelain)** (Helps break down protein → better digestion, additional anti-inflammatory effect)
- **Honey (if using)** (Soothes throat, mild antimicrobial)

