

Morning Wake Up Tonic

Prep: 15 mins
Appliance: cold press juicer
Makes: 200 mL concentrate
GF, DF & VO

Apple cider vinegar is alkalising, stimulates the digestive system and is antimicrobial. Pepper can increase the bioavailability of the curcumin in the turmeric substantially. Lemon has copious amounts of Vitamin C, aids digestion, supports the immune system, is alkalizing and gives fresh breath. The concentrate will keep in the fridge for at least 4 weeks. You can also mix this tonic with mineral or soda water for an effervescent tang. I've flavoured kombucha with it, and had cheeky vodka soda's too.

Ingredients

3 lemons, peeled
150 g fresh ginger
2-3 knobs of fresh turmeric
Apple cider vinegar to taste
Pinch black pepper
Honey to taste (or maple syrup for a vegan option)

Method

Slice lemons into quarters. Finely slice ginger and turmeric. Put through a cold pressed juicer. Pour into a glass jar and add, pepper, apple cider vinegar, honey. Give it a good shake and store in the fridge.

When ready for your morning wake-up, mix 20 mL of concentrate with a glass of warm water, or mineral water for an afternoon variant. Alternatively, if you are stoic enough, just go for the straight shot!

