



Immunity Juice

Uncategorized

source Lake Austin Spa Resort

INGREDIENTS

2 cups water

1/2 cup honey

1 cup lemon juice

1/2 cup lime juice

1 cup mandarin juice

10 g ginger, peeled

1/4 tsp Himalayan salt

1/2 tsp turmeric powder

DIRECTIONS

mix water, honey, lemon juice, lime juice, mandarin juice, Himalayan salt and turmeric together

transfer the mixture in a blender, add ginger, blend until ginger is pulverized.

strain juice in the fine chinois and add juice in cups and keep cold