

Winter Flu Fighter Tonic

recipe by Nicola Moores

Serves 4-6

Makes 2 cups / 10-15 servings

Prep Time: 5 minutes

Dairy-free, gluten-free, vegan, vegetarian, refined-sugar free.

Ingredients:

½ cup freshly-squeezed lemon juice
¼ cup freshly-squeezed orange juice
¼ cup apple cider vinegar with the “mother”
1 cup filtered water
1 tsp. ground turmeric
¼ tsp. freshly ground black pepper
1 pinch cayenne pepper

Method:

Put all of the ingredients into a blender and blend until combined.

Strain through a nut mylk bag or fine sieve and store in a glass bottle in the fridge for up to a week. Otherwise it will likely create lumps in the liquid.

