

# Turmeric Shot

6 ingredients · 15 minutes · 8 servings



## Directions

---

1. Cut all the ingredients into small pieces.
2. Run all the ingredients through your juicer except for the cayenne.
3. When you finish juicing, add 1 pinch of cayenne and stir.
4. Store in a glass container in the refrigerator.
5. Enjoy 1-2 oz at a time.

## Ingredients

---

- |   |  |
|---|--|
| 1 | Fresh Turmeric Root 2 Inch Piece                               |
| 1 | Fresh Ginger Root 2 Inch Piece                                 |
| 4 | Large Orange Carrots   |
| 1 | Green Apple  |
| 2 | Organic Lemons (use the skin and all - make sure it's organic) |
| 1 | Pinch Of Cayenne Pepper  |