



Healthy Shot Recipe

This recipe has been a daily ritual for Lee and me, helping with joint pain and keeping us regular. We take a shot glass size of this every morning—it's packed with natural ingredients that work wonders.

Ingredients:

- **4 cups Organic Ginger root (cut into small pieces)**

Benefits: Ginger is known for its anti-inflammatory properties and helps reduce joint pain, improve digestion, and support immune function.

- **2 cups Organic Turmeric root (cut into small pieces)**

Benefits: Turmeric contains curcumin, a powerful anti-inflammatory compound that supports joint health, reduces inflammation, and has antioxidant properties.

- **6 Lemons (cut into quarters and squeezed in, including the peels)**

Benefits: Lemons are high in vitamin C, which boosts the immune system, supports digestion, and acts as a natural detoxifier. The peel contains additional antioxidants and fiber.

- **2 tsp Black Pepper**

Benefits: Black pepper enhances the absorption of curcumin from turmeric, making it more effective. It also supports digestion and has anti-inflammatory properties.

- **½ – ¾ gallon Filtered Water**

Purpose: Hydrates and helps extract the beneficial compounds from the ginger, turmeric, and lemons during cooking.

Instructions:

1. **Prepare the Ingredients:**

- Add the ginger root, turmeric root, quartered lemons (with the peels), black pepper, and filtered water to your Instant Pot. Ensure the water covers all the ingredients.

2. **Cook:**

- Set the Instant Pot to **manual** and cook for **70 minutes**. Once done, release the pressure.

3. **Cool:**

- Let the mixture cool slightly, but keep it warm enough for the honey to dissolve easily. (Optional: you can keep the Instant Pot on low for a couple of hours after cooking to

let the flavors intensify.)

4. **Strain:**

- Strain the liquid into a large bowl to remove the solids.

5. **Add the Final Ingredients:**

- While the liquid is still warm, stir in:

- **2 cups Organic Raw Local Honey**

Benefits: Honey is rich in antioxidants, supports digestive health, and has anti-inflammatory and antibacterial properties.

- **16 ounces Organic Raw–Unfiltered Apple Cider Vinegar**

Benefits: Apple cider vinegar aids digestion, supports detoxification, helps balance blood sugar, and promotes a healthy gut.

- **1 tbsp Cayenne Pepper**

Benefits: Cayenne pepper boosts metabolism, supports circulation, and aids digestion while reducing inflammation.

- Stir until the honey is fully dissolved.

6. **Bottle the Mixture:**

- Using a funnel, pour the mixture into glass jars. Whiskey bottles with cork tops or glass milk bottles work well. This recipe should fill about **three 32-ounce bottles**.

7. **Storage & Usage:**

- Store the bottles in the refrigerator. The mixture will last for about **4–6 weeks**.
- **Shake the bottle well before each use**, as the ingredients may settle over time.

Why We Love It:

This blend of ingredients not only supports **joint health**, but also boosts **digestion, immunity, and detoxification**. It's a simple, natural way to give your body what it needs to stay energized and balanced. ❤️

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