



HONEY, LEMON & GINGER REMEDY

INGREDIENTS

- 10cm Fresh Ginger
- 10cm Fresh Turmeric
- Juice of ½ a Lemon
- ½ tsp Essential Organic
- Ground Cayenne Pepper
- 2 tsp Essential Organic Clear Honey
- 500ml Apple Juice

METHOD

Blitz all the ingredients and then pour them into a large ice cube tray. Freeze for 24 hours. Add frozen cubes to Essential Ginger and Lemon tea, stir until melted and leave for two minutes then remove the teabag.



Remedy once frozen into ice cubes.



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