



## Turmeric-Ginger Shot

10 min, 4 servings  
vegan

- 1 ounce fresh turmeric, about a 2-inch piece, chopped
- 2 cups coconut water
- 1 ounce **The Ginger People** ginger juice
- 1-2 Tablespoons **The Ginger People** ginger syrup
- Juice of 1 lemon
- ¼ teaspoon salt

### Instructions

1. Process turmeric through a juicer, blender, or food processor. Strain liquid through a fine mesh sieve or cheese cloth into a jar.
2. Add coconut water, ginger juice, lemon juice, salt and ginger syrup.
3. Shake, pour, and enjoy!

**INDEPENDENT**  
**Choice**<sup>™</sup>