

Golden Elixir

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 cup fresh or frozen pineapple
- 1 thumb size fresh ginger root
- 1 thumb size fresh turmeric root*
- 1 lime, peel removed
- 1 orange, peel removed
- 3 cups hot water**
- Optional: 1/4 tsp cayenne powder

Instructions:

1. Place all ingredients into a high power blender and blitz until fully combined.
2. Enjoy 1/3-1/2 cup on an empty stomach. Refrigerate for 24 hrs or freeze in smaller batches to drink in the future.

Notes:

*If you can't get fresh turmeric sub in 1 tsp ground turmeric powder. **If you boiled the water in a kettle, let it the water cool slightly before adding to the blender to prevent too much steam from blowing the top off your blender when it's blending.