



A HEALTHY WAY TO COOL DOWN IN SUMMER

FRESH GINGER SHOTS



Fancy something refreshing? This recipe for delicious ginger shots from @sallyswelt will see you stay fit and healthy on warm days. And best of all: you need hardly any ingredients, won't take long to make it – and you can even keep it in the fridge for several days!

INGREDIENTS

» 3–4 tangerines

» 200 g ginger

» 4 lemons

» 2 tsp turmeric

» 400 ml water

**METHOD:**

- 01.** Wash all the food. Peel the tangerines and put them in a blender. Use a spoon to scrape the peel of the ginger, then coarsely chop it.
- 02.** Peel the yellow skin off the lemons and freeze it (you can use it for baking). Cut away the white pith and dispose of it – it tastes bitter. Remove the pips, then add the lemons to the other ingredients.
- 03.** Add the turmeric (fresh or ground) and the water, and blend until smooth. Make sure that the friction doesn't cause the ingredients to heat up. If it has one, use your blender's smoothie setting.
- 04.** Pour the shot into a screw-top jar and place in the refrigerator. One shot a day is ample.

THAT'S ALL THERE IS TO IT!