

JUICY JULY CHALLENGE - G-FORCE SHOT



This super-powerful little shot is a brilliant way to start to your day!
If you can swap out your morning espresso with one of these mighty little shots you'll be powering through your morning.



2 apples

+



3cm fresh
ginger root

+



3 fresh turmeric
roots

+



2 lemons
with peel

=



TOP TIP

I recommend batch making your ginger shots at the beginning of the week.
Use the quantities shown and you will have enough for 7 days of shots.
You can pour them into an ice-cube tray and freeze them -
just defrost one or two cubes each morning.

To Juice

Run all of the ingredients through your juicer in the order shown.

To Blend

*Peel, core and quarter the apples, peel and chop the ginger and turmeric and peel your lemons. Put all of the ingredients into the blender and blend until smooth...
add a little water if necessary*



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PLANT BASED LIVING