




## MAKES 500ml CONCENTRATE

125g	Manuka Honey
125ml	Lemon Juice
20g	Fresh Grated Ginger
250ml	Hot Water
1t	Turmeric
1t	Cinnamon

**Method:** Measure honey into a heat proof jug and warm slightly in the microwave (30 secs) – this will help it mix in well with the other ingredients. Add lemon juice, turmeric, cinnamon and hot water. Mix until combined. Add in finely grated ginger and stir. Pour into a 500ml glass bottle or other sealed container. Shake thoroughly before use.

**To make drink:** Put 75ml of Wellness Shot concentrate in mug (or add to taste). Top with hot water. Enjoy your soul & body warming wellness shot.

 Unlock the full potential of turmeric benefits by chewing black peppercorns before or after drinking Wellness Shot.

### Lemon



Rich in Vitamin C. Boosts mineral absorption. Aids digestion and liver function.

### Ginger



Reduces inflammation, muscle soreness & stomach discomfort. Lowers risk of infection.

### Turmeric



Anti-inflammatory properties. Boosts brain function, energy & can improve mood.

### Honey



Contains antioxidants beneficial to heart health & has positive effect on cholesterol.

### Cinnamon



Loaded with antioxidants & anti-inflammatory properties to help fight infection & repair tissue damage.



# Coffee Culture.