

Ginger Lemon Juice

3 ingredients · 5 minutes · 2 servings



Directions

1. Combine all ingredients in a high-speed blender. Blend until very smooth.
2. Pour into a glass and enjoy immediately as is, or strain through a fine-mesh sieve or cheesecloth to remove the pulp. Enjoy!

Notes

Leftovers

Refrigerate in a glass jar for up to one day. Freeze leftovers in an ice cube tray for longer.

Serving Size

One serving is approximately 1/3 cup.

More Flavor

Add turmeric root or powder.

Make it Thinner

Add water as needed to thin the juice or to make more.

Ingredients

1 1/2 tbsps Ginger (peeled, chopped)

1 Lemon (peeled, seeds removed)

1 Navel Orange (peeled, seeds removed)