

# Ginger Lemon Juice

2 SERVINGS 5 MINUTES



## INGREDIENTS

- 1 1/2 tbsps Ginger (fresh or powdered)
- 1 Lemon (peeled, seeds removed)
- 1 Navel Orange (peeled, seeds removed)

## NUTRITION

### AMOUNT PER SERVING

Calories	43	Iron	0mg
Fat	0g	Vitamin D	0IU
Carbs	11g	Folate	29µg
Fiber	2g	Magnesium	11mg
Protein	1g	Zinc	0mg
Vitamin C	51mg		

## DIRECTIONS

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

## NOTES

### RECIPE ID 225

### 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.