



Ginger Shot Recipe

★★★★★

These 6-ingredient ginger shots (with pineapple, orange, and cayenne), are potent with immune-boosting, antioxidant, and anti-inflammatory benefits. They can be made in a blender or juicer!

Course

Drinks

Cuisine	American
Prep Time	10 minutes
Cook Time	0 minutes
Total Time	10 minutes
Servings	10
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Ingredients

- 1 cup (100 g) fresh ginger root chopped
- 1 cup (180 g) pineapple cubed
- ½ cup (120 g) orange juice
- ¼ cup (60 g) lime juice or lemon juice
- ½ cup (120 g) coconut water (see notes)
- 1-2 pinches of cayenne pepper

Instructions

1. *You can watch the short video for visual instructions.*

Wash and scrub the ginger root under running water before you chop it into smaller chunks.

2. Squeeze 2 oranges to get ½ cup of orange juice. Also, squeeze about 3 limes (or 2 lemons) for ¼ cup of juice.
3. Add all ingredients to a blender and blend until the mixture is fairly smooth.
4. Pour the mixture through a fine-mesh sieve (or nut milk bag) into a bowl or measuring cup.
5. Transfer the juice to several smaller (preferably sealable) glasses and store them in the refrigerator for up to a week.

I consume one shot in the morning and recommend starting slowly.

Notes

- **Coconut water:** You can use more orange juice (or any other fruit juice, or even water) instead.
- The recipe makes about 2 cups of juice. You can also freeze the juice in an ice cube tray for up to three months.

Nutrition Facts

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Amount per Serving

Calories

25

% Daily Value*

Fat 0.15g	0%
Sodium 14mg	1%
Potassium 120mg	3%
Carbohydrates 6g	2%
Fiber 1g	4%
Sugar 3g	3%
Protein 0.5g	1%
Vitamin A 37IU	1%
Vitamin C 17mg	21%
Calcium 9mg	1%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.