

# SUPER ELIXIR

gluten free | dairy free | nut free | raw

READY IN  
10 mins

A healthy Gut Microbiome keeps your Immune system healthy, so it's FOOD first

This SUPER ELIXIR supports your immune system with its anti-inflammatory, antiviral, antibacterial and antioxidant properties unlike over-the-counter medications that suppress the immune system



*NOTE: If you have white counter tops you may wish to protect them before peeling the Turmeric. The bright yellow-orange colouring stains everything in sight. Even your hands!*

YOU'LL NEED...	300g 10.6oz	600g 1.3lb	900g 2lb	1.2kg 2.6lb
Lemon <i>small</i>	1 whole	2 whole	3 whole	4 whole
Lime	1 whole	2 whole	3 whole	4 whole
Turmeric <i>fresh, peeled</i>	25 g .9oz	50 g 1.8oz	75 g 2.6oz	100 g 3.5oz
Ginger <i>fresh, peeled</i>	25 g .9oz	50 g 1.8oz	75 g 2.6oz	100 g 3.5oz
Garlic <i>fresh</i>	2 cloves	4 cloves	6 cloves	8 cloves
Apple cider vinegar <i>with the mother</i>	2 tsp	1 tbsp	6 tsp	2 tbsp
Honey, raw unprocessed*	¼ cup	½ cup	¾ cup	1 cup
Cinnamon powder	½ tsp	1 tsp	1 ½ tsp	2 tsp
Star Anise powder	½ tsp	1 tsp	1 ½ tsp	2 tsp
Pepper, black cracked	¼ tsp	½ tsp	¾ tsp	1 tsp

## NOTES

- To get 25g (0.9oz) of peeled weight you'll need to buy approx. 37g (1.3oz).
- The mix will have a different consistency in Ph1 & 2 without the Raw Honey, but it still has powerful properties to boost the immune system.

## LET'S GET STARTED...

- Peel turmeric, ginger and garlic and put in blender/food processor with apple cider vinegar, whole lemon and lime including peel and pips.
- Blend on high until it resembles a smoothie, then add raw honey, cinnamon, star anise and pepper and blend on medium-high until well combined.
- To store...
  - **IN THE FRIDGE** – Spoon into an air-tight glass jar and keep in fridge. Keeps for 2-3 months.
  - **IN THE FREEZER** – Spoon the mix into ice cube trays in a variety of portions e.g. 1 tsp or 1 tbsp portions and freeze. Keeps in the freezer for up to 6-mths.

## RECOMMENDED DOSAGE

- **As a preventative:** Take 1 heaped teaspoon daily as is OR dissolve into a cup of warm water and sip.
- **Onset of cold and flu symptoms:** Take 2 heaped teaspoons daily as is OR dissolve into a cup of warm water and sip.

*\*Do NOT use regular supermarket honey as it is pasteurized, heated and processed leaving NO traces of pollen, vitamins, enzymes, amino acids nor any medicinal properties. Raw unprocessed honey has antiviral, antibacterial and antifungal properties, supporting the immune system with its naturally occurring antibiotics and powerful antioxidants*