

Texas Hill Country Olive Co.

OLIVE OIL & LEMON WELLNESS SHOT

with Lemon Infused Olive Oil

Ingredients:

- 1 large lemon
- 1 nub of fresh ginger (about an 1")
- 2 cups water
- 3 tbsp of Lemon Infused Olive Oil (or an Extra-Virgin Olive Oil)
- 2 tbsp of raw honey
- Cinnamon



Directions:

1. In your blender add the whole lemon skin and all chunked into quarters, peeled ginger, water, Lemon Infused Olive Oil and honey.
2. Blend on high for 1-2 mins or until all ingredients are combined well.
3. Set a small strainer over a mason jar and pour blended mixture through the strainer into the jar and discard the pulp.
4. Pour a 4-6oz serving into a glass and sprinkle a little cinnamon on top and enjoy.
5. Store the remaining in an air tight container, refrigerate up to 5 days.
6. Enjoy a daily shot for powerful health benefits such as: increased immunity, improved digestion and decreased bloat.