

Mark's Kitchen

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This week's recipe comes from Functional Nutritionist Brigid Titgemeier's blog, [Being Brigid](#). This small shot has mega health benefits, due to the powerful anti-inflammatory nature of turmeric. The recipe also includes black pepper, which helps to increase the active curcuminoid compounds within turmeric and can support healthy stomach acid secretion, which is vital for good digestion. If you'd like to avoid sugar from the coconut water, simply replace it with water and/or some extra lemon juice. Try one of these turmeric shots for a natural pick-me-up, any time of the day.

Turmeric Super Shots

Ready in: 5 minutes

Serves: 8

Ingredients:

- 1 ½ cups unsweetened coconut water (or plain water)
- Juice from 1 lemon
- 2 tablespoons turmeric, ground
- 1 tablespoon black pepper

Directions:

Step 1: Pour coconut water into a shaker cup/blender bottle.

Step 2: Squeeze the juice from one lemon and add to shaker cup.

Step 3: Add turmeric and black pepper.

Step 4: Shake it all up and take your shot!

Step 5: Store leftovers in shaker bottle in the refrigerator and pour 1-2 shots each day.