



Lemon Ginger Blast Recipe

By Lou Corona

Ingredients:

- 1 peeled lemon
- 2 Apples
- ½ to 1 Habanero (full pepper for more advanced)
- 3 inches Fresh Ginger
- 3 inches Fresh Turmeric Root (when available)
- 1 Cucumber
- 1 Bunch Celery
- 1 Bunch Cilantro
- 1 Bunch Parsley (regular or Italian)
- 1 Handful Fresh Mint

Servings: 1



Directions:

1. Juice all Ingredients
2. Cut final juice amount with 1/3 water.
3. Drink

Lou's Tip:

To **SUPER CHARGE** your Ginger Blast, take 3 PuraZyme capsules after every blast!



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