



**From the Kitchen
of
Executive Chef
Jessica VanRoo**



Pineapple, Turmeric, Ginger Gut Shot

Serves 2

Ingredients

- 1 tablespoon apple cider vinegar
- ½ teaspoon fresh ginger, ½-inch peeled, chopped
- ¼ teaspoon fresh turmeric, ¼-inch peeled, chopped
- ¼ cup pineapple, fresh or frozen, chopped
- ¼ cup water or more water to blend
- Pinch of black or cayenne pepper

Instructions

1. Mix all ingredients and blend together.