



Recipe name:

Piquanté red pepper hot immunity detox shot

Recipe description:

This PEPPADEW® Red Piquanté Pepper detox immunity shot is a great way to kickstart your morning, help fight colds and boost your immune system. Packed with good-for-you ingredients, turmeric, ginger, oranges, limes, lemons, and pomegranate. The Red Piquanté Peppers add a hot sweet spicy flavour to this delicious elixir.

Prep Time

15 minutes

Cook Time

Serves:

10

Made with:

PEPPADEW® Sweet Piquanté Peppers

Course:

Drink

Occasion:

Healthy

Ingredients:

- 10x PEPPADEW® Red Piquanté Peppers
- 175g ginger (peeled)
- 125g pomegranate (approx. seeds of 2x large pomegranates)

- 25g fresh turmeric (peeled)
- 2x large oranges
- 4x lemons
- 1x lime
- 1tbsp honey or maple syrup
- 1½ tsp cayenne pepper

Method:

1. Prepare the oranges, lime, lemons, turmeric and ginger by removing the skins.
2. Use a machine juicer to juice the flesh of the oranges, lime, and lemons, followed by ginger and turmeric.
3. Juice the PEPPADEW® Red Piquanté Peppers and pomegranate arils.
4. Mix the tablespoon of honey or maple syrup into the juice, followed by the cayenne pepper.
5. Strain the juice through a fine sieve before pouring the juice into small bottles for an on-the-go detox immunity shot, or into a large bottle to portion later.

Notes:

Store in the fridge for up to 2 weeks. The recommended shot dose per day is 60 millilitres per portion.