

Spicy Juice

This is a wonderful juice anytime, but is especially helpful when dealing with colds, coughs, flu, or viruses.

Ingredients:

1 pineapple
3 organic apples
2 organic lemons – do not peel
1 inch size chunk of fresh ginger root
¼ to ½ tsp cayenne pepper
1 tsp honey

Directions:

- Juice pineapple, apples, lemons and ginger root
- Mix together in a large pitcher
- Whisk in honey and cayenne pepper
- Enjoy immediately!