

## Anti-Inflammatory Drink (ShapeByNat)

3 c. cold water

2 T. apple cider vinegar

1 lemon (can buy a bunch and peel, cut in  $\frac{1}{2}$ , deseed, and freeze)

85g. fruit

1 knob of ginger, peeled

$\frac{1}{4}$  -  $\frac{1}{2}$  t. turmeric

$\frac{1}{2}$  - 1 t. cinnamon

1. Blend and serve.