



DIY Elixirs



8 ingredients



15 minutes each



1 drink per recipe

Elixirs offer an easily digested boost of nourishment in just one cup. Enjoy these two recipes you can create at home and add to your daily routine so that your body can begin to reap the benefits that these nutritional ingredients have to offer.

DIGESTIVE ELIXIR

1. Mix all the ingredients together. Let rest for 5-10 minutes, stirring occasionally, or until the chia seeds have formed a gel. Drink up!

INGREDIENTS

- 1 **tblsp** Whole Chia Seeds
- 1/**2** Lemon (juiced)
- 1 **tblsp** Apple Cider Vinegar (Raw, unfiltered)
- 1 **1/2 cups** Warm Water

IMMUNE BOOSTING ELIXIR

1. In a small saucepan, bring the water to a boil. Meanwhile, place the ginger, vinegar, honey, cinnamon sticks, cayenne, and salt in an uncracked jar or bowl.
2. Pour in the boiling water and stir until the honey dissolves. Strain and drink immediately.

INGREDIENTS

- 3 **cups** Boiling Water
- 1 **piece** Ginger (fresh, peeled and crushed)
- 1/**2 clove** Garlic (crushed)
- 1/**4 cup** Apple Cider Vinegar
- 1/**4 cup** Honey (preferably raw)
- 2 Cinnamon Sticks (broken in half)
- 2 **tblsp** Lemon Juice