Beetroot, Ginger, Lemon and Manuka Shot

EASY • 10 MINS

There are so many ways to enjoy the taste and widely studied health benefits of Capilano Manuka Honey, including in this vibrant, uplifting wellness shot. Blend sweet manuka, zesty lemon and zingy ginger for a quick and tasty sore throat soother.



SKILL LEVEL	PREP TIME	SERVINGS
Easy	10 mins	6

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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Ingredients

- ¼ cup Capilano Active Manuka Honey
- 5 beetroot medium size, peeled and cut into small pieces
- 1-2 inches ginger root or 1 Tbsp ginger powder
- 1 fresh lemon

Used in this recipe



Active Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste
Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

Method

1. Wash and scrub the beetroot and ginger.
2. Peel and cut the beetroot into small pieces that will fit into a juicer.
3. Feed the ginger and then beetroot through the juicer.
4. Squeeze the lemon separately.
5. Add ginger, beetroot and lemon juice to a blender and add Capilano Manuka Honey. Blend.
6. Store in an airtight glass jar in the fridge for 2-3 days.
7. Tip: Dilute with sparkling or mineral water for a zesty non-alcoholic spritz, or into some tap water for little ones with sensitive taste buds.

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