THE LIGHTER PLATE METHOD

Morning Anti-Inflammatory Shot

A sharp, spiced shot to knock back first thing — turmeric, ginger and a little heat from black pepper.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
3 min	**0 min**	**3 min**	**1**	**EASY**

Ingredients

- 1 medium lime
- 1 level tsp ground ginger
- 1 tsp ground turmeric
- 1 pinch black pepper
- 1 tsp ground cinnamon

Method

1. Squeeze the lime into a small glass.
2. Add the spices and just enough water to mix into a shot.

Tips & swaps

- Black pepper genuinely helps the turmeric do more — don't skip it.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
15	**0g**	**4g**	**0g**	**0g**

Estimated values, for guidance only.