

Flu Bomb

- ◆ 2-3 cloves crushed garlic
- ◆ 1/4 tsp cayenne pepper
- ◆ 1/4 tsp chopped ginger
- ◆ Tiny drop of eucalyptus oil
- ◆ Juice of one lemon
- ◆ 3-4 tbsp honey
- ◆ Hot water



Combine all ingredients in a glass jar, adding enough hot water to help the mixture blend together.

Take 1 x teaspoon daily to help build immunity and keep the winter snuffles away! Store in the fridge.

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CUT ME HERE AND GIVE ONE TO A FRIEND



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