

Ginger Shots

Here's how to make it: Blend **1 cup water**, **8 oz ginger root**, **½ an apple**, and the **juice of ½ a lemon** (for added sweetness, feel free to squeeze in a **Tbsp of honey or maple syrup**) until the mixture is smooth and cohesive. Don't worry about peeling the ginger or apple—it's all getting strained out anyway. Once blended, fit a fine mesh sieve over a glass measuring cup and pour the ginger mixture in. Use a spoon to press the juice out of the pieces of flesh and skin that catch onto the sieve, getting *every* last drop through. Pour the fresh, strained ginger juice into the cavities of an ice cube tray and let it freeze overnight. Depending on the size of your ice cube tray, you'll have at least two weeks worth of frozen ginger shots ready to go.