

## Turmeric Collagen Elixir

Turmeric is an amazingly powerful spice—it's anti-inflammatory, antioxidant, and can even increase something called brain-derived neurotrophic factor, which boosts brain function. Collagen adds another healing component for connective tissue, so this elixir supports the brain, gut, skin, and joints all at once. It's a wonderful drink to start the day with so you can feel on point and ready for anything.

1. Combine 1 cup of the water, the ginger, turmeric, lemon, cayenne, and black pepper in a high-speed blender and blend until smooth. Strain through a cheesecloth into a large wide-mouth jar or bowl.
2. Pour the contents back into the blender and add the collagen powder and remaining 1 cup water. Blend well.
3. Consume as a shot, a warm beverage, or pour over ice to enjoy cold.

Makes: 2 glasses or  
4 shots

Prep Time: 5 minutes

2 cups filtered water  
¼ cup chopped peeled  
fresh ginger  
¼ cup chopped peeled  
fresh turmeric  
1 whole lemon, peeled  
Pinch of cayenne  
Pinch of freshly ground  
black pepper  
2 scoops (2 tablespoons)  
collagen powder