

Lemon Garlic Elixir Recipe

Chop 6 organic, unwaxed lemons into quarters, retaining the pith and rind. Remove the pips. Peel 30 cloves of organic garlic. Half fill a blender with good quality water and add the lemons and garlic. Blend briefly to produce a thick, lumpy mush. Pour the mush into a 2-3 litre saucepan. Add more water until the saucepan is full. Heat until the thick yellow liquid begins to bubble. Turn off the heat before it boils. Cover with a lid and allow to cool for several hours. Strain through a sieve into glass bottles. Store in the refrigerator. 60-90 ml of the finished elixir can be taken, either neat or in a glass of water, once or twice a day.