

Go Natural's VIT C-Cocktail

Ingredients:

1. 300 ml Rooibos, Honeybush and Herb (e.g. Buchu, Rosehips, Cinnamon, Cloves, etc) tea blend, not boiled but warm. Never boil your tea, it destroys and minimises the antioxidants

or 200 ml Organic, un-pasteurised apple juice and 100 ml Distilled Water.

2. ½ a Lemon.
3. ½ tsp Sodium Ascorbate (buffered Vitamin C).
4. 1 tsp Raw Honey to taste (not recommended with the apple juice combination).
5. 2 mm Fresh Ginger root slice.

Preparation:

- Pre-soak, preferably overnight the tea ingredients in distilled water for maximum nutrients to dissolve and absorbed in the water.
- Squeeze the lemon in the glass filled with tea or juice and mix all the ingredients until the Vit C are dissolved.

