

# Singing Canary

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## Prep Time

10 minutes

## Prep Notes

## Yields

1 quart

## Ingredients

2 lemons

1 1/2 cups water, plus more for the jar

1/2 to 1 teaspoon turmeric, as needed

1 teaspoon MCT oil, or 1/2 teaspoon extra-virgin coconut oil

1 teaspoon protein powder or collagen or both

2 pinches salt

1 to 2 splashes vanilla extract

Sweetener of your choice (optional)

3 to 4 drops pure essential lean oil (optional)

2,000 mg vitamin C powder (optional)

## Directions

1. Slice each lemon into 4 chunks and throw lemon pieces into your blender with the water. Blend well. Strain the mixture through a fine sieve or nylon mesh bag into a bowl or pitcher.
2. For the strained juice into the blender. Add all the other ingredients except the ice cubes, and blend really well.
3. Fill a quart jar with ice to the top and then pour the blended lemon mixture over the ice. If it doesn't reach the top add more water until it does. Put a tight lid on the jar and shake! Quite a bit of stevia is required to offset the strong tart effect of the lemon pith and turmeric and to balance the salt. If your Canary has too much bit, add more sweetener and/or vanilla and scale back on the turmeric next time. (I usually omit the salt.)

## Credit

Trim Healthy Mama Cookbook